The Famous BOOK OF HERBS

Heath & Heather Ltd.

HERB SPECIALISTS
ST. ALBANS.

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CASH WITH ORDER.—Cash payments save a vast amount of booking and enable us to supply at fair prices.

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In every case where an article is marked postage extra, this only refers to the case of the article alone being ordered. If ordered with others it is post free.

All goods sent carriage paid and carefully packed.

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Please Remember

Address all communications to the Firm.—Order all remedies by number. Be careful that the number is correct. Mistakes are often made in this particular.

Be sure to state your name and full address on the Order Form. Failure to do so is often the cause of delay. It is better to print the address **IN BLOCK LETTERS.**

Carefully written orders are despatched by return of post.

Herbs not mentioned in this list can almost invariably be supplied by giving the common name of the Herb or its botanical name. We have sources of supply from which we can obtain any *well-known Herb.*

Our remedies can only be obtained directly from Heath & Heather. We have no agents and no connection with any other business, either in this city or elsewhere.

Will our customers kindly preserve this book, as if not needing it now they may need it at some future time. If given to a friend in need, kindly send for another copy.

WARNING

The Contents of this Book (literary and artistic) are copyright, and the protection of the Courts will be immediately asked for against any infringement. As a warning to others and for our future protection, we would mention that proceedings have already been successfully taken, with awards of heavy damages and orders for the destruction of all copies containing infringements of our copyrights.

All Letters must be addressed :—

Messrs. HEATH & HEATHER, Ltd., HERB SPECIALISTS **ST. ALBANS**

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50p

PREFACE.

In presenting to our numerous friends the Tenth Edition of the "Book of Herbs" on behalf of my firm, it is right and seemly that I should make some comments on this book and the great business it has been instrumental in creating.

Our old readers will find that the book has been considerably improved, that its articles have kept pace with the latest scientific discoveries, and that its illustrations have been increased in number and interest. It has, without doubt, been the greatest factor, probably of all time — and certainly of the last century — in reviving and stimulating the use of Herbs as medicines, and the fact that in the ten years that have elapsed since the business was founded the firm has distributed nearly eleven million copies of this book, is some indication of the vast amount of propaganda work which has thus been accomplished.

Our enormous business, now the largest retail business in the world, has been built up almost entirely by personal recommendations. Our customers will have noticed that we now advertise publicly very rarely, and yet our letters and orders steadily increase from day to day, a remarkable testimony to the fact that more and more sufferers are receiving benefit from the use of our Herbal Remedies.

The directors and officials of the firm wish me to convey our very hearty thanks to the hundreds of thousands of friends who have placed their confidence in us and who have helped to place the business in its present position by their kind recommendations. Many of our friends keep this book and a stock of our remedies in their homes in order that they may attack the complaint immediately it makes itself apparent. This is very wise.

Jas Ryder.

St. Albans, 1931. *Founder and Managing Director.*

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Appendicitis	288 and 494 and 598 mixed	81, 97, 102
Asthma	(18 or 129 and 156 at night) or (21 or 130 and 156), also 215	28, 30, 66 71, 74
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Baldness	38 or 266	38, 77
Biliousness	6 or 116	23, 63
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,, Inflammation	19 or 128 or 362	29, 65, 93
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OUR ART PICTURE.

I should like to call the attention of my numerous friends to the Art Picture, a miniature of which is published in this book. This miniature, facing page 8, cannot adequately convey the beauty of the larger picture which we are presenting to our friends. I trust that many thousands of our customers will avail themselves of the offer. In my opinion, the picture is well worth a place in any home.

Jas Ryder

Herbs from Foreign Countries.

IMPORTANT WARNING TO USERS OF HERBS AS MEDICINES.

It is not generally known that many Herbs which are common in the British Isles are also imported in large quantities from other countries.

Foreign Herbs are often very carelessly harvested and despatched, little care being taken to keep them scrupulously pure and clean, and when they arrive in this country they often contain harmful matter.

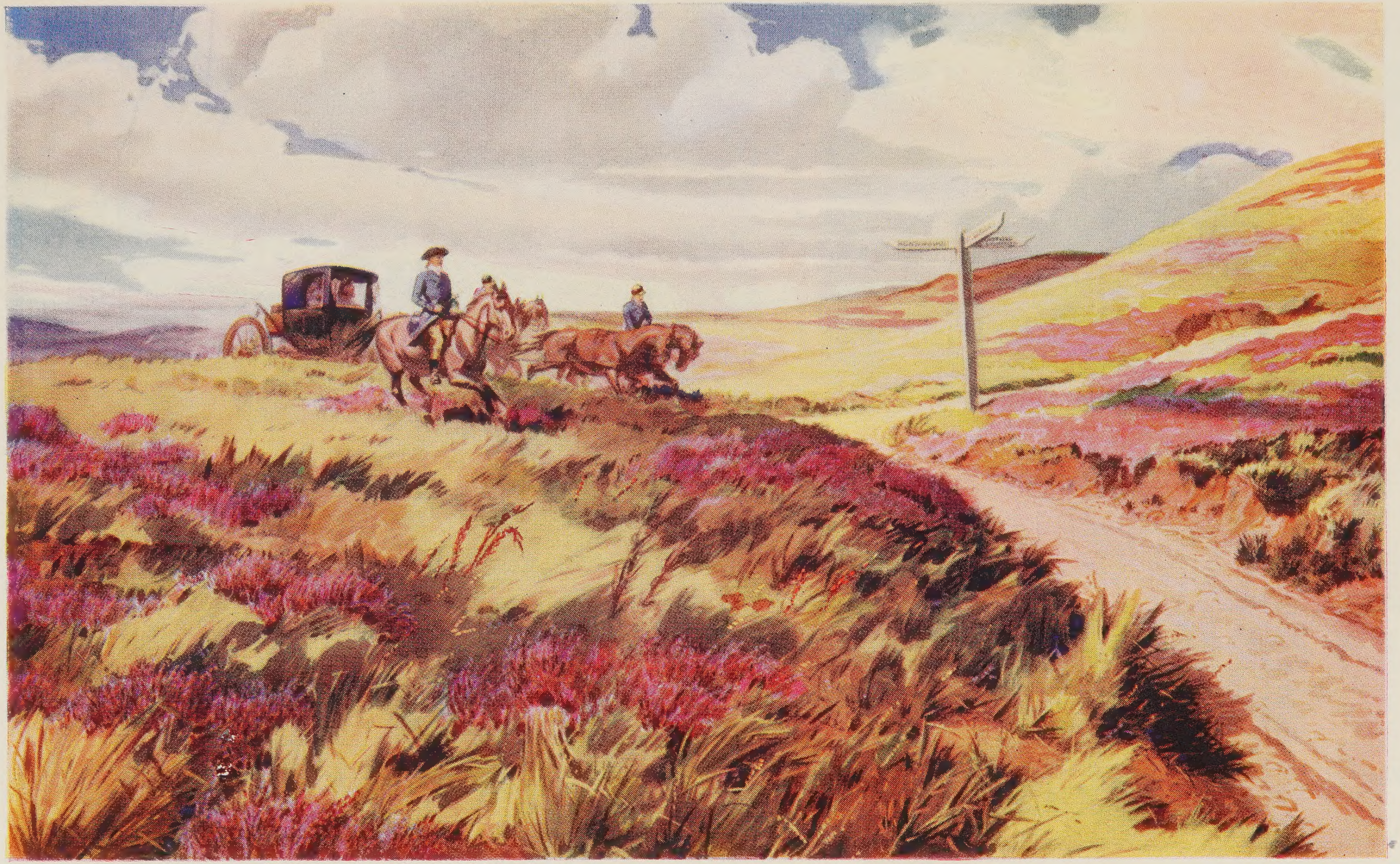
The best herbalists, who sometimes from scarcity have to handle these commodities, spend much time and labour and use elaborate and intricate machinery in rendering these Herbs clean and wholesome and innocuous to human beings. The cost of this purification is generally greater than the first cost of the raw Herbs.

As a rule, a good and honest British herbalist uses native Herbs, for the gatherers in this country are highly skilled workers, quicker in their operations, and better in their knowledge than the Herb-harvesters of other countries.

We regret having to say that some of the herbalists in England, more especially those who have entered the profession recently and who are, therefore, not conversant with the facts mentioned above, are ignorantly supplying the public with Herbs of foreign origin just as received, which have undergone no cleansing or purifying process. Such a practice is not only a violation of the law, but is undoubtedly doing untold injury to the health of the individuals taking such obnoxious products.

We are pleased to say that the Herbs supplied by Heath & Heather are above reproach. They are almost invariably of British origin, and the care and trouble taken in their preliminary preparation is such as to render them ideal for fulfilling their intended purposes.

We cannot too strongly impress upon those requiring Herbs the vital importance of obtaining them only from a source which has proved, by long and faithful service in the interests of the public, that in this respect its productions are beyond reproach.



"HEATH AND HEATHER"

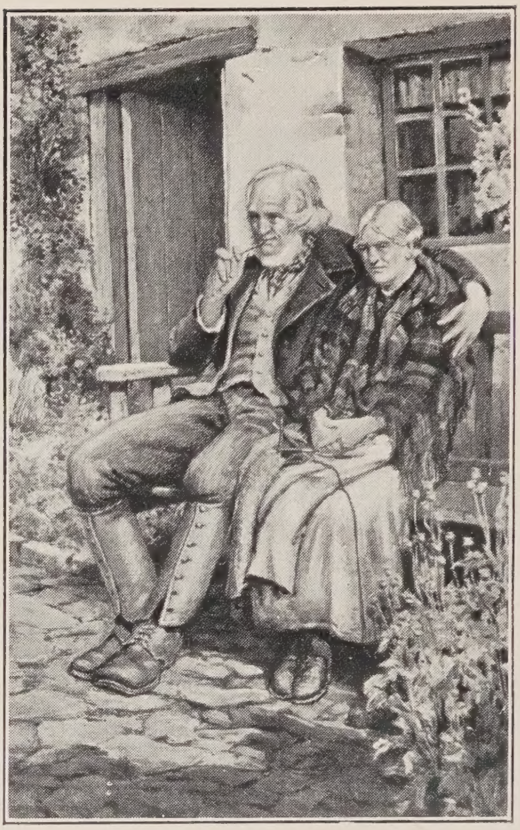
The above is a miniature reproduction of our Presentation Plate. For full particulars of our special offer, see overleaf.

Presentation Plate

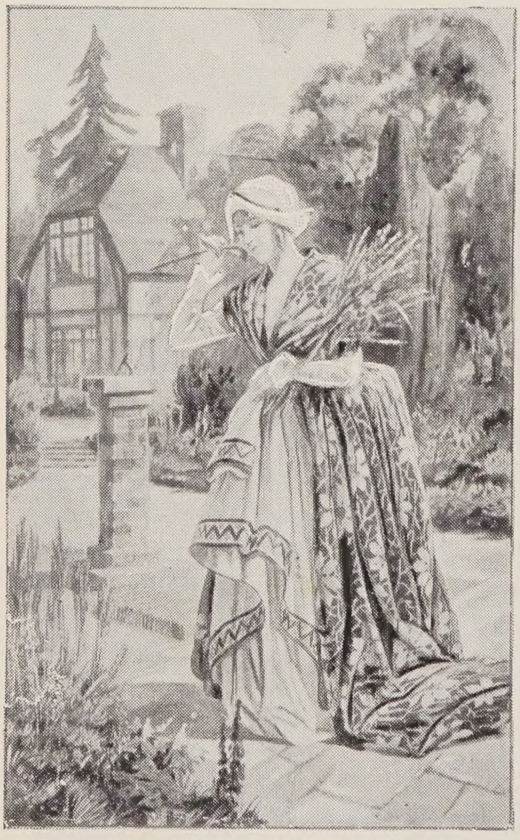
"Heath and Heather"

A fac-simile reproduction (size 14″ × 22″) of the small Coloured Plate shown overleaf, will be sent, if requested, to every customer who places an order with us for 5/– or over.

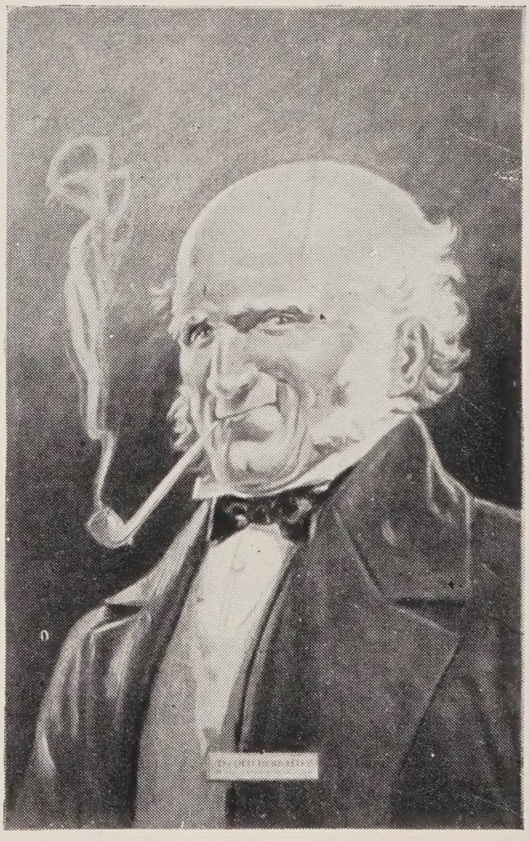
To anyone whose order does not amount to 5/–, the picture can be supplied if 1/– extra is sent with such order.



"Contentment"



"Lady in Herbal Garden"



"The Old Herbalist"

The coloured Presentation Plates of "Contentment," "The Lady in Herbal Garden" and "The Old Herbalist," of which miniature reproductions in Black are here shown, can be had instead of "Heath and Heather" if the above conditions as to purchase are complied with.

CANCER.

BY A WELL-KNOWN PATHOLOGIST.

Cancer is almost invariably a disease of advancing age. Consequently, when a very large proportion of the young population is killed, as was the case during the Great War, Cancer appears to show an increase which is very largely fictitious. Mr. Ellis Barker has, we believe, definitely shown that constipation is an important contributory cause, and his conclusions are strongly supported by Sir W. Arbuthnot Lane. It must be remembered that Cancer has been produced, artificially, by tar and such products as indole and skatole, which are constantly present in the fæces; and, moreover, hard fæces act as mechanical irritants, quite apart from the absorption of toxic products from the delay of fæces in the intestine. It has also been demonstrated by Dr. A. H. Drew, late of the Imperial Cancer Research Fund, that cells which are allowed to die slowly give off a substance which acts as a growth stimulant to cells, and that tumour cells contain these stimulants already formed, so that the inference is very strong that, by continually irritating or killing cells, such as occurs in constipation, a substance is formed which causes the body cells to divide and grow erratically, and thus produce Cancer. There is evidence to show that herbivora suffer less from Cancer than other animals, and this, together with the fact that violet leaves, poke root and yellow dock have in certain cases given great alleviation and in many cases appear to have cured this dread disease, leads one to hope that the ultimate cure will be found in the vegetable world as is the case in leprosy. The present writer, when abroad, made some experiments with tumour-bearing mice, and found that a combination of violet leaves and poke root undoubtedly caused regression of the tumours in nearly seventy-five per cent. of the cases; but at present the evidence points to the fact that we have not yet found the right combination of herbs which are necessary to cure Cancer. Meanwhile, much may be done in a preventive manner. Constipation, though a troublesome complaint, can be cured by herbs better than in any other way and, as we have already said, this is one of the prime factors in the production of Cancer. Again Mr. Barker and Sir W. Arbuthnot Lane have done an immense service to the public by showing the importance of an adequate supply of vitamins in the food, and the present writer is convinced that if the public will only follow the advice given by Sir W. Arbuthnot Lane and The New Health Society with regard to food, the mortality from Cancer will in a short while show a very large drop. A motto the public would do well to keep before them is the one originated by this firm, *viz.*, "Go back to Nature."

Notes by Mr. Samuel Ryder

The Managing Director of Ryder & Son (1920) *Ltd., Seed Specialists, St. Albans.*

I constantly have letters and correspondence asking advice about Herbs, as many people suppose I am personally interested in the working of this enterprise. I, therefore, would like to make it clear that this business is managed by my brother—Mr. James Ryder, who founded and has developed the concern. I am, happily, financially interested in the business.

The Value of Herbs.—Since this business began, and was associated with the name of Ryder, I have had innumerable conversations with people on the value of Herbs and I have never known a single person question that value, and in my journeys all over the world I have had the most delightful expressions of esteem for the good work Heath & Heather have done.

Rhodesia.—My eldest daughter is married and settled in Southern Rhodesia. The farms there are worked by natives, and natives do all the house-work. My daughter is the Doctor to all the natives, and in her they have the utmost confidence. She uses Heath & Heather's remedies very extensively, and their ointments are supposed to be almost miraculous by the natives. I was able to gather much information about Herbs from them.

In my Seed Establishment we have a young lady who is a certified V.A.D. nurse, and she is of great service to my staff in rendering first aid. Her success is very gratifying to me and very useful to the firm, and she believes in Herbs and Herbal remedies.

Advice.—In any matter of doubt it is better to write to the firm asking advice, and from their long and wide experience they are able to give advice that is invaluable. It is a great pleasure for me from time to time to read the letters from those who have benefited by the simple and homely Herbal remedies which Heath & Heather sell.

Personally, I use the remedies myself. For example, in my long travels I always take with me a box of Heath & Heather Stomach and Liver Pills. I have found them a blessing on board ship and on my wide travels over the veldt in various parts of South Africa. I follow the great principle of taking one pill if I seem the least bit out of sorts and I have never known them to fail.

Care of Health.—One of the great things the firm have done, is to persuade people to care for their health. Good health is a great possession and we have taught people that it is wise to conserve their health by dealing with any illness the moment it appears.

Finally, I have seen this business grow with intense pleasure, and it is a joy to me to be associated with it. I sometimes wish I devoted all my business attention there, but the success of my great Seed business will not permit that.

I trust this new edition of the Book will be widely read and widely circulated, and that continuous prosperity will attend it, to the mutual benefit of ourselves and our many thousands of customers.

Samuel Ryder

Introductory Notes on our Herbal Remedies.

When we refer to "Herbs," the term includes leaves, stems, flowers, seeds, roots and barks of various plants; some wild and some from the garden and field. Many of these are British plants, and others are gathered in various parts of the world.

We supply these remedies in the form of dried leaves, etc. These are either infused or boiled; and after straining, the tea is taken at the times and in the quantities stated on each package. It will thus be seen that the remedies are as near Nature as one can get.

There is no need to emphasise the value of Herbal Remedies. Their value has been universally known for thousands of years, and at the present time they form the basis of many recognised medicines, and are becoming increasingly popular. It is worthy of note that Hippocrates and the Esculapians, the founders of Medical Science, were Herbalists, and nothing else. Their remedies are still used and have been used for nearly 3,000 years.

We supply the public with the finest Herbs procurable, harvested at the right time and under those conditions which experience proves will enable the dried leaf, flower, etc., to retain at its full strength the virtues of the growing plant. As to the supreme value of Herbs as remedies and especially as health preservatives, we are convinced that anyone giving them a trial will experience benefits of which they did not dream. The good effect of Herbs is remarkable. There is a joy of living, a sense of fitness and vigour, both mentally and bodily, hitherto unknown.

We are sometimes asked how much our packages weigh. As they vary and hardly any two are alike, it is more convenient and more understandable to say that each package contains sufficient Herbs to make 3 pints of strong medicine, to be taken by adults in wineglassful doses. A package of most of our Herbs makes sufficient medicine to last one patient about 16 days.

We have no one remedy which will cure every complaint. Such a remedy is impossible. We offer the honest remedy for each complaint separately, and our offer is, therefore, strictly *bona-fide*.

For those who cannot make the tea without inconvenience, every remedy is offered in pill form. Pills are made up of the same constituents as the herbal remedies.

REMEMBER. — Many so-called remedies are not remedies at all, only alleviants. This is generally the case with minerals. Herbs are the *safest, best* and *surest* of all remedies.

TESTIMONIALS.

I am very pleased to say your Health Herbs, which I have been taking the last few months, have helped such a great deal. When first I sent to you I had been suffering from neuritis, following nerve trouble, and never expected to get rid of it again.—3002.

Thanks to your Health Herbs, I am quite free from the dreadful pain of neuritis, and my nerves are stronger, too. Considering I am bordering on 60 years of age, I am very grateful to you.—E.C.—3080.

I have derived great benefit by taking your Health Herbs. I have put on weight, and enjoy my work. It is really a pleasure to feel well. All the old tired feeling has gone. Recently, I took a correspondence course in shorthand ; before taking the Herbs I could not have done this, as I had not the power to concentrate.—J.S.—3091.

Herbalism an Exact Science.

BY W. T. FERNIE, M.D.

Hitherto, medicinal Herbs have come down to us from early times as possessing only a traditional value, and as exercising merely empirical effects. Their selection has been commended solely by a shrewd discernment, and by the practice of successive centuries. But to-day a closer analysis in the laboratory and the skilled provings by experts have resolved the several plants into their component parts, and have chemically determined the medicinal nature of these parts, both singly and collectively. So that the study and practice of curative British Herbs may now fairly take rank as an exact science, and may command the full confidence of the sick for supplying trustworthy aid and succour in their times of bodily need.

Scientific reasons may readily be adduced for prescribing all our best-known native Herbal Medicines. Among them the Elder, Parsley, Peppermint, and Watercress are familiar examples of this fact. Almost from time immemorial in England, a "rob" made from the juice of Elderberries, simmered and thickened with sugar, or mulled Elder wine concocted from the fruit, with raisins, sugar, and spices, have been popular remedies in this country, if taken hot at bedtime, for a recent cold, or for a sore throat. But only of late has chemistry explained that Elderberries furnish "viburnic acid," which induces sweating and is specially curative of inflammatory bronchial soreness. So, likewise, Parsley, besides being a favourite pot herb, and a garnish for cold meats, has been long popular in rural districts as a tea for catarrh of the bladder or kidneys. It has recently been learnt that the sweet-smelling plant yields what chemists call "apiol," or Parsley-Camphor, which, when given in moderation, exercises a quietening influence on the main sensific centres of life — the head and the spine. Thereby, any feverish irritability of the urinary organs inflicted by cold, or other nervous shock, would be subordinately allayed.

Again, with respect to Peppermint, its cordial water, or its lozenges taken as a confection, have been popular from the days of our grandmothers for the relief of colic in the bowels, or for the stomach-ache of flatulent indigestion. But this practice has obtained simply because the pungent herb was found to diffuse grateful aromatic warmth within the stomach and bowels, whilst promoting the expulsion of the wind; whereas we now know that an active principle, "menthol" contained in the plant, and which may be extracted from it as a camphoraceous oil, possesses in a marked degree antiseptic and sedative properties which are chemically hostile to putrescence, and preventive of dyspeptic fermentation.

Lastly, the Watercress has for many years held credit with the common people for curing scurvy and its allied ailments, while its juices have been further esteemed as of especial use in arresting tuberculous consumption of the lungs; and yet it has remained for recent analysis to show that the Watercress is chemically rich in "anti-scorbutic salts," which tend to destroy the germs of tuberculous disease, and strike at the root of scurvy generally. These salts and remedial principles are "sulphur," "iodine," "potash," "phosphatic earths," and a particularly volatile essential oil known as "sulpho-cyanide of allyl," which is almost identical with the essential oil of White Mustard.

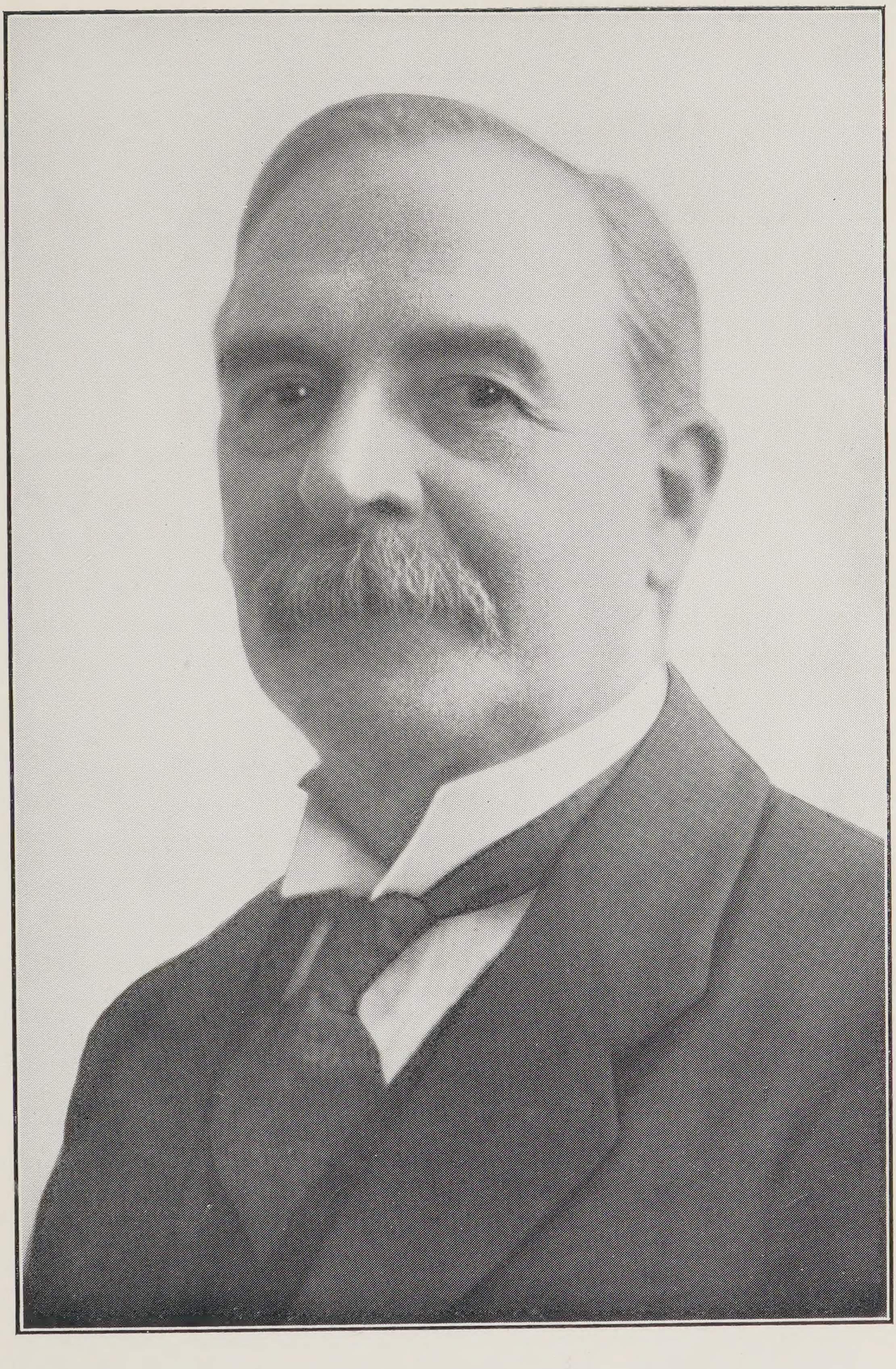
The above article is an extract from "Herbal Simples," by W. T. Fernie, M.D., and is used by permission of the publishers, John Wright & Sons, Bristol, from whom it can be obtained for 7/-, post free.

The Doctors and Herbal Medicine.

The widespread interest in the claims of *genuine* herbal remedies is by no means confined to the general public ; nor even to those who, suffering from some complaint which ordinary drugs have failed to relieve, are naturally among the most anxious to learn whether the recent scientific investigation and classification of Herbs can offer them a new means and hope of recovery. Perhaps the most significant and far-reaching fact in connection with Mr. Ryder's research and the establishing of a definite herb centre at St. Albans, is the whole-hearted interest and approval extended to the enterprise by a large and broad-minded section of the medical profession.

Among this number are members of the medical profession whose names are everywhere met with confidence and respect. It is, of course, admitted that any doctor has always been able to obtain many of the herbs in question through his wholesale druggist ; but the great difficulty hitherto has been to secure the necessary degree of freshness and consequent potency. Under the existing arrangement at St. Albans, both medical men and their patients are assured that all herbs supplied by Heath & Heather have been harvested under ideal scientific conditions ; and, owing to the continuous daily output, it is impossible for any supplies to be stale, or to have in any way lost their medicinal value.

This also supplies an important reason why many, who hitherto obtained their herbs from some local shop, have remarked upon the vast difference in strength and medicinal value of supplies ordered direct from Heath & Heather.



Jas Ryder

FOUNDER AND MANAGING DIRECTOR

Alice Ryder.

LADY SUPERINTENDENT

BE PREPARED.

Certain of our remedies should always be at hand ready for any emergency. For example, toothache and similar ailments give little notice of their approach, but come suddenly. It would be absurd to wait several days while the necessary herbs could be obtained.

* * * * *

REMEDIES IN THE HOUSE.—A package of our Neural Herbs or a box of pills should be in every house. As a rule, our herbs and pills stop or cure toothache within half-an-hour. Other remedies that should be in every house are Stomach and Liver Pills or Herbs and Cough Herbs or Cough Pills. We can assure customers that this advice is honestly given. The writer always has toothache pills on his dressing table, and they have never failed to cure him in less than half-an-hour.

* * * * *

PREVENTION IS BETTER THAN CURE.—We trust every reader of this book will refer to the remarks made on pages 18 and 19 about our Health Herbs. This composition should be in every family, and whenever one feels a little out of sorts, a few doses of our simple remedy should be taken.

* * * * *

A STITCH IN TIME.—Many a serious illness would be prevented if early steps were taken—"A stitch in time saves nine." For example, everyone should have a box of our Stomach and Liver Pills. Take one after a meal if you feel at all uncomfortable. Always take one after a hearty meal. You will then never know what stomach trouble is. The same applies to our Influenza Pills. If you take one at the least sign of a chill or cold you will never have a cold. Thousands of our customers do this.

1. H. & H. HEALTH HERBS.

This Mixture of Health Herbs should be taken regularly by everybody, and is without question the most popular of all the Mixtures that we supply.

One of the strange characteristics of human nature is that we never think of our health until we are ill. It surely is reasonable to say that it is not only our duty, but it is simple sound wisdom to keep ourselves in good health, and for that reason this wonderful combination of Herbs is prepared for general use. We are, therefore, making a few general remarks and ask our customers to consider them carefully.

MANY PEOPLE ARE ILL AND DO NOT KNOW IT.—We refer to those, of whom there are countless thousands, who never can boast of robust health. All the ills suffered by these unfortunate people are the result of a lack of that vital energy which is the birthright of every living man and woman. As a consequence, these people suffer in various ways. The digestion is weak, the appetite is poor, the nerves are unsteady; and worse than all this, lack of vitality acts on the mind and little is understood by them of the happiness and interest of life. This can all be altered by the constant use, for a period, of our beneficent mixture. We are quite sure that one trial will be quite sufficient and we are confident in saying that if this mixture is taken our customers will begin to understand something of the magic of Herbs.

ATHLETES, and all those who engage in strenuous physical exercises or work, will find in these Herbs a better tonic than any drugs or advertised stimulant.

DRUGS.—Vast fortunes have been made and are being made by the sale of Drugs. We are opposed to drug taking, and we have all kinds of scientific authority behind us when we say it is better to come back to the simple remedies of Nature. The drug-taking habit is a menace to the health of our people.

DURING THE GREAT WAR one of the most astounding discoveries scientific men made was the astonishingly low state of the health of the people. Countless thousands of men who thought they were quite well were found to have serious weaknesses which rendered them quite unfitted for the arduous duties of a soldier's life.

ONE OF THE BEST KNOWN MEN IN THE WORLD, as a preparation for a strenuous period of work, takes a course of these Health Herbs for a fortnight, and at the end finds himself at his best.

THE FAMILY. — This General Herbal Mixture should be taken regularly by everyone in the family. The mixture should be prepared, and it is prepared very simply, and everyone should take his or her portion. The effect upon the general health will be immediately seen.

ECONOMY.—Like all our Herbal Mixtures this is exceedingly cheap, contrasting very strikingly with the exorbitant prices charged for drugs and medicines. Beneficent Nature has provided the Herbs we use in lavish profusion.

NOT A MEDICINE.—It must be distinctly understood that this is not a medicine. It should properly be described as a health drink. The good health resulting from taking the Herb Mixture shows itself in purified blood, a regularity of the digestive organs, a clear complexion and a healthy outlook on life. Those who take this Herb Mixture regularly will find themselves more energetic, brighter and clearer in mind, happier in every way and more fit for the work of life.

GOOD HEALTH is an impregnable defence against the attacks of disease. The weak and unhealthy are the first to be attacked by disease. This Herb drink regularly taken will strengthen all the organs of the human body, enrich the blood and tone up the whole system. We are quite sure of this, that our other remedies will not be required at all by those who systematically and properly use this health mixture.

BUSINESS MEN and all who work under a great strain, whether mental or physical, will find these Herbs invaluable in battling with the innumerable trials and difficulties inevitable and inseparable from human life. Taken in the morning its good effects will be felt all day. This simple natural method is far preferable to taking strong concentrated drugs as is so very widely done.

Price per package 2/6, post free.

GO BACK TO NATURE.

Everyone has noticed that wild animals, and domestic animals as well, instinctively know the Herbs to eat when they are ill. Those of us who believe in herbs as remedies are going as near to Nature as we can. We are going right to the source of health.

2. H. & H. INDIGESTION HERBS.

Indigestion is one of the most common complaints, and shows itself in such a variety of ways that many people think they are suffering from some quite different illness. Many *nervous disorders* have been caused entirely by indigestion.

COMMON SYMPTOMS.

The most easily recognised symptoms are—a bad taste in the mouth, particularly on waking; a feeling of oppression after meals; headaches; dimness of vision; flatulence; heartburn; and vomiting.

CAUSES OF INDIGESTION.

Bad Teeth.—These prevent that thorough chewing of the food which is absolutely essential to good digestion.

Hasty Meals.—All meals should be taken in a relaxed frame of mind and in as leisurely a manner as possible. Hasty eating may prevent the food from being broken up and mixed with saliva, so that it is not in a fit state to be easily dealt with by the gastric juices later.

Drinking at Meals.—This habit of eating and drinking at the same time is one of the most common causes of indigestion. The digestive juices become too diluted to work efficiently. Many people are cured by omitting all liquid at meal times. In such cases, the full amount must be taken between meals.

Lack of Suitable Exercise.—Daily exercise in the open air is necessary. Brisk walking is the best and simplest aid to health. Extra exercise involving bending and turning, so that the muscles of the abdomen are strengthened, is recommended for this particular complaint.

Irregularity of Meals.—Many people otherwise unaffected by this complaint, suffer as soon as a meal is unduly delayed for any reason. An exhausted, sinking feeling is often relieved by slowly drinking a glass of water.

Unsuitable Food.—It is quite true that what is one man's meat is another man's poison. The obvious thing to do is to avoid those foods which you cannot help noticing have a distressing effect on your particular constitution. New bread should never be eaten. Highly seasoned and fried foods disturb the digestion. Dry and lean foods give the dyspeptic least trouble.

* * * * * * *

OUR HERBS are composed of those which have been useful from time immemorial in dealing with this particular complaint. Unlike many patent medicines so largely boomed in the Press, they are *cures* and not merely *alleviants*.

Price per package 1/6, *post free.*

3. H. & H. CONSTIPATION HERBS.

One of the most popular Remedies.

This is a natural herbal cure, and acts wonderfully on the stomach, liver, kidneys and bowels. Constipation is the source of many a terrible disease, and should be dealt with immediately. No one need suffer from this trouble who will take our Herbs according to our instructions. This mixture has the most beneficial effect on the digestive system. The result of taking it regularly and according to our instructions, is that the skin becomes clear and healthy, there is no indigestion, no sick headache, and the whole health is marvellously improved. This is a simple, natural remedy, and it is far preferable to deal with this trouble in this way than to take pills and drugs that are so widely offered; and that, although they may cure one trouble, leave other greater troubles behind. It is Nature's own method.

Price per package 1/6, *post free.*

ALLEVIANTS ARE NOT CURES.

Many of our customers have noticed the large number of specifics which are being advertised in the newspapers at present, claiming generally that each, individually, is a cure for a great many complaints. We have no wish to question at all the *bona-fides* of those who are offering these patent medicines for sale. There is no doubt that many of them are alleviants for the different complaints specified, but an alleviant is a very different thing from a cure, and we are very doubtful whether any of the complaints specified are absolutely cured by the medicines recommended. In another part of this book, we have expressed our belief that there is no medicine which will cure a great number of different complaints. Our system always has been one remedy for each complaint, and our customers will appreciate the fact that this is the honest policy.

Jas Ryder

TESTIMONIAL.

Since taking your Anæmia Pills, I feel twice the man I was. In my work as a signalman on the railway, I get some very heavy pulling. This I now do with comfort, and after the day's work I no longer have the inclination to lie down, and I always thoroughly enjoy my meals.—A. W.—125.

4. H. & H. TRAIN & SEA-SICKNESS CAPSULES.

These Capsules are prepared from a reliable recipe, which has proved unfailingly successful when taken during long sea voyages. If one of these Capsules is taken every two hours on commencing the voyage, sea-sickness will be unknown. Those who have suffered from sea-sickness know the awful agony arising sometimes from this cause, and it will be a pleasure to all those travellers who are subject to this unpleasant experience to know that here is a preventative on which they can absolutely rely. The Capsules are of use in all methods of travel, and invariably have an excellent preventive effect.

NOTE.—Since introducing these Capsules, we have had confirmation of the above paragraph in many letters received from hitherto regular sufferers from this malady, who have found them an unfailing preventative.

Price per box 3/-, *post free.*

4a. H. & H. VITA-TABLETS—Purely Herbal.

These are probably the best Tablets yet formulated for those suffering from lowered vitality. The vital forces of mankind are subject to rises and falls, especially so in this rushing age, when most people are straining their efforts to the utmost to get on in the world. Excitement, worry, overwork, all bring about a weariness of the nervous system, and this reacts on every part of the body. The outlook on life of those suffering in this way is anything but bright. These Tablets very speedily restore all the vital forces, and are especially useful to middle-aged and elderly men and women. They very speedily restore the strength, and the outlook on life of those who take them is in a very short time completely changed.

Price per box 2/6, *post free.*
Larger size, containing three times the quantity, 5/-

5. H. & H. PILE HERBS.

There are numerous causes of this distressing complaint, such as sitting on damp ground, unwise eating and drinking. A very usual cause is the taking of purging pills which contain mercury or injurious drugs. It is advisable, and even vital, that early treatment of this painful and irritating complaint should be adopted. Procrastination often results in the complaint reaching such a stage that it is only possible to deal with it by use of the most drastic measures; and it would be impossible for us to over-emphasise the necessity of dealing with it in its earliest stages. Our Herbs are a most wonderful remedy. With the packet are sent simple directions for the preparation of the Herbs, and notes on other steps to take to remedy this trouble.

Price per package 1/6, *post free.*

6. H. & H. STOMACH & LIVER HERBS.

We have here a wonderful remedy for all who suffer from diseases of the liver. The causes of these stomach and liver troubles are many, and one of them, in our opinion, is the taking of injurious medicines; unwise eating and drinking, irregularity of meals and the rapid eating of food, are other causes. Whenever there is any trouble of this kind a regular course of our Herbs should be taken. The improvement will be immediate, and if the remedy is persevered with, even the most stubborn cases will be cured and the patient will have a brightness of health hitherto unknown. We can assure our customers there is no need for anyone to suffer the untold agonies people do suffer.

Price per package 1/6, *post free.*

7. H. & H. LIVER HERBS.

The Liver is one of the vital organs of the body. It exercises an important effect directly on the digestive organs, and, indirectly, on the physical strength and nervous vitality of the whole system. A slight derangement induces dulness of intellect, lack of energy and a general feeling of drowsiness, disinclination for effort, and a walking-in-a-dream sensation, which are experienced by many people without any knowledge of the cause. Left alone, it may develop into Yellow Jaundice, with its prostrating effects, the more persistent, unsightly and often fatal Black Jaundice, or the terrible Cirrhosis. We have here a selection of Herbs remarkable for their action directly on the liver. Experience has proved them to be the best treatment for toning up and stimulating this most important organ; and those who use them will very soon experience a clearness of mind, a vivacity of mental powers and an energetic stimulation of physical strength, instead of the depression and enervation engendered by this complaint. These Herbs have proved of great value to sufferers from gall stones.

Price per package 1/6, *post free.*

8. H. & H. HERBS FOR GOITRE.

This is a mixture of Herbs which we have found useful for dealing with Goitre, commonly called "Derbyshire Neck," and enlarged glands generally. We have, in response to applications from our customers, successfully dealt with cases of this description in the past, and know this to be a satisfactory remedy for this disfiguring complaint. It is wise to use in conjunction with this remedy, Sassafras Oil, No. 309, which is offered on page 84. This oil greatly assists the cure if the affected part is well rubbed with it each night. We believe that by using this remedy Goitre can be cured easily and speedily.

Price per package 2/6, *post free.*

9. H. & H. NERVE HERBS.

The most marvellous Nerve Tonic and Nerve Food in existence.

NERVE VICTIMS DESERVE OUR SYMPATHY.—They often suffer untold misery—they are a misery to themselves and to their friends. Nerve trouble is the cause of Sleeplessness, Hysteria, Neuralgia, Pains in the face and teeth, Irritability, Melancholy, and innumerable other troubles. It too frequently renders the sufferer unfit for the duties of life.

THE CAUSES OF NERVE TROUBLES ARE MANY, such as the strain of work, mental strain, indoor sedentary life, wrong habits, excessive smoking, and injudicious eating and drinking. The fact is that in these days we are living at high pressure, and the result is seen in the neurotic trouble so widely prevalent.

THE WAR HERITAGE OF BROKEN NERVES. — The men who have gone through strenuous experience at the front are often left with broken nervous systems, and the friends at home who have been through the anxiety and sad troubles have suffered in a like degree.

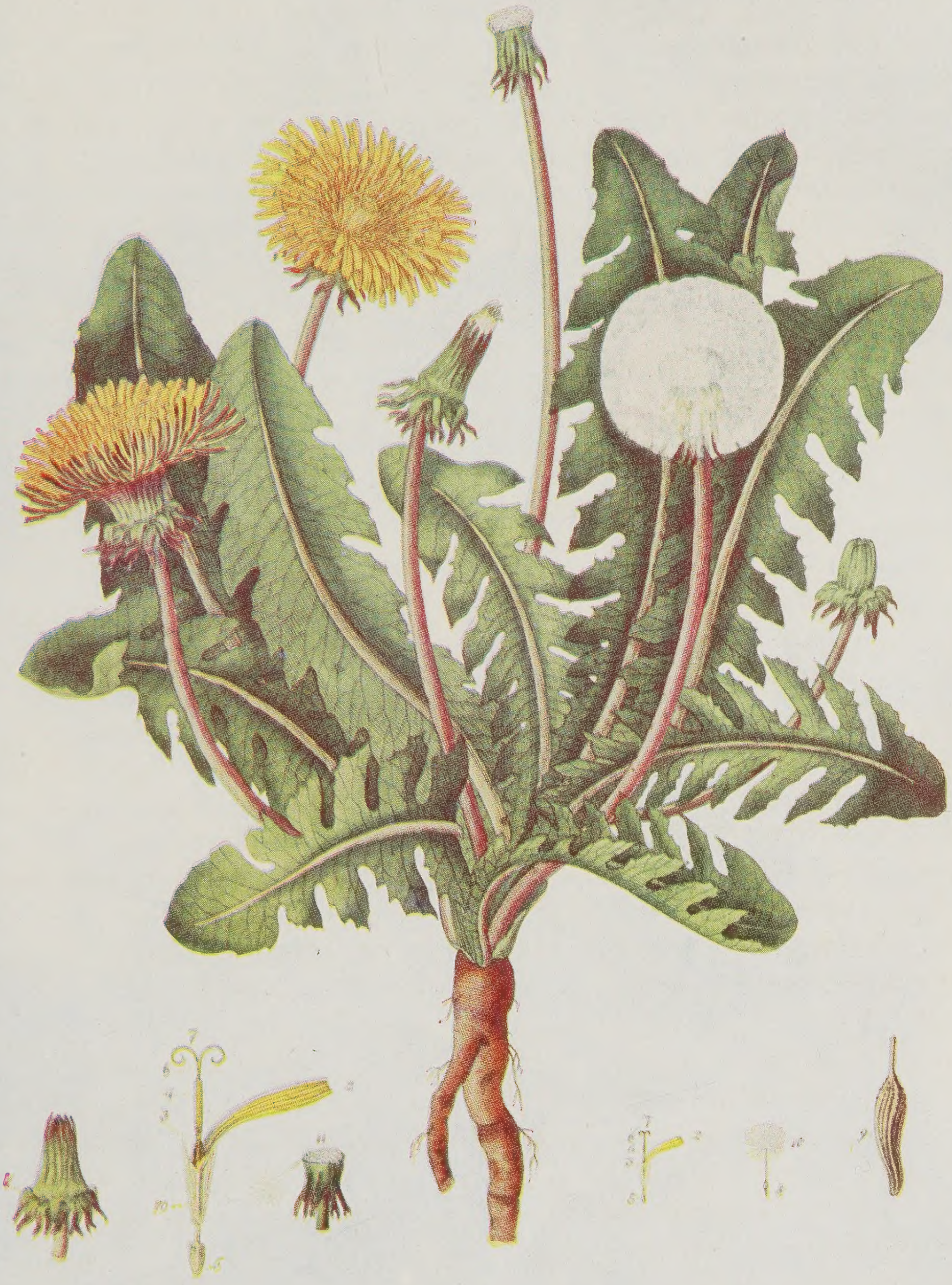
NERVE TROUBLE IS CURED if dealt with in our simple natural herbal way. The mixture of Herbs here offered is a fine nerve tonic, and more than that, an excellent nerve food. If taken as directed, immediate improvement will be felt; taken regularly the nervous trouble will entirely disappear. It is better to deal with the trouble thus than to take stimulants, or to use noxious drugs which only have a temporary effect.

OUR NERVE HERBS ARE EXTREMELY POPULAR, and indeed so they should be, for in distributing them we feel we are rendering a service to the public; and we confidently appeal to all who read our little book to support us in this.

NERVOUS WEAKNESS is frequently the cause of serious health troubles, and more serious is the fact that very frequently the unfortunate patients imagine they have diseases that do not exist. Many people believe they have heart disease. Frequently this is simply a case of Nerves. It cannot be too strongly impressed that nerve trouble, if not dealt with, may lead to the most disastrous and lamentable results.

To nerve sufferers we would say, "Deal with the matter yourselves at once on the simple lines we suggest. Do not allow yourselves to believe that you are permanently to suffer from your nerves. This beneficent mixture of Herbs will permanently cure the trouble. Because the remedy is simple, do not despise it." Nerve trouble is the most serious health question of the day. If you have the slightest indication that your nerves are wrong, begin by taking our remedy at once—a stitch in time saves nine.

Per package 2/6, post free.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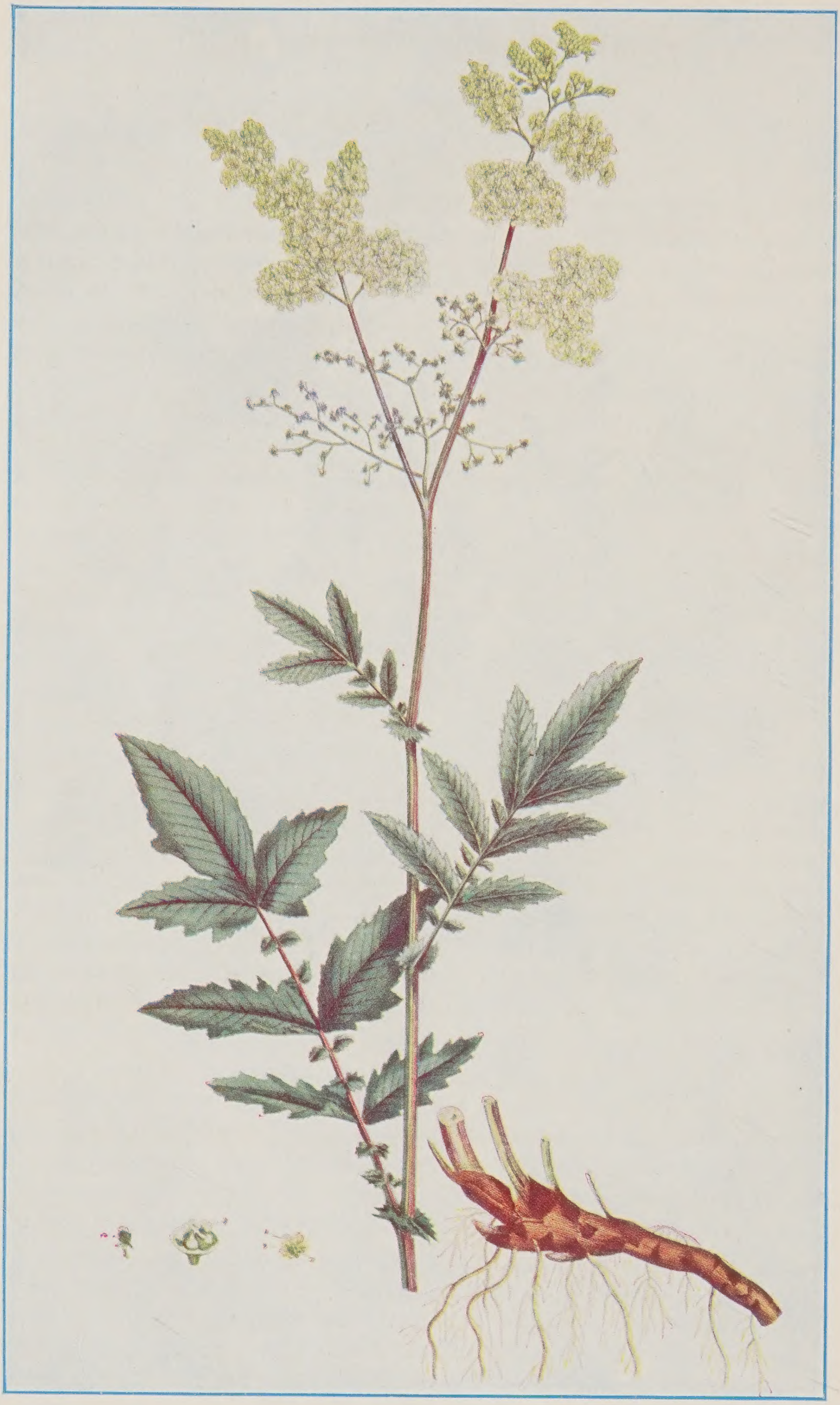
DANDELION

Taraxacum officinale

Reproduced from *Flora Londinensis*, by William Curtis, published 1790.



MEADOWSWEET

Spiræa Ulmaria

Reproduced from *Flora Londinensis*, by William Curtis, published 179

10. H. & H. NEURAL HERBS.

For Neuralgia, Toothache, Tic Douloureux, Neuritis, and all acute Nerve Pains.

Those who have suffered from these complaints will fully appreciate the value of a remedy which will drive these agonizing pains away, and in place of the long, restless pain-tortured night, give them that sound refreshing period of repose so necessary to the recuperation of a mind and body tired out with the busy bustle of our everyday life.

This mixture of Herbs is a compound of varieties that have been found to be wonderfully effective in all nervous cases. The preparation is very simple, and a supply should always be kept in every household. In a trouble of this description, as indeed in all health troubles, it is important to deal with it at its very beginning; and much suffering and agony will be prevented if this simple course is carried out. We recommend this mixture with very great confidence.

Price per package 1/6, *post free.*

11. H. & H. BACKACHE & KIDNEY HERBS.

When the kidneys cease to perform their functions through any cause, the whole system is in immediate danger, and becomes an easy prey to disease. Neglect is not only dangerous but in many cases *fatal.* Fortunately, some of our most abundant Herbs that grow wild have been proved to excel all other remedies in correcting the trouble in an efficacious and perfectly safe manner. Of these, the above combination has been proved by experience to be the best, and it may be taken with complete confidence that a cure will be speedily and lastingly effected.

Price per package 1/6, *post free.*

12. H. & H. HERBS FOR INCONTINENCY OF URINE.

Incontinency of urine is a complaint which afflicts many of all ages and both sexes. It is far more common than most people imagine, and especially is prevalent among children up to 14 years of age. Neurasthenic ladies and elderly gentlemen are frequently afflicted in this way. The complaint always arises from an inherent weakness of the nervous system, which induces lack of control of the bladder and urinary ducts. The Herbs which we are here offering are calculated to correct this weakness and restore strength to the parts in which it is lacking. We have for some time advised those who have written to us to use the remedy we are here offering, and with very great success.

Price per package 2/6, *post free.*

12a. H. & H. INCONTINENCE OF URINE TABLETS.

Many people find the tablet form of medicine to be more convenient. We have therefore prepared tablets containing the Herbs in the remedy (No. 12). They will be found to be quite effective in remedying the complaint.

Price per box 2/6, *post free.*

13. H. & H. SCIATICA HERBS.

Only those who are afflicted with this terrible complaint can realise the agony and suffering which invariably accompany it. Since founding this enterprise we have had so many applications for a cure that we felt it to be an imperative duty to give the matter special attention. After much research we at last arrived at a formula which seemed to be right, and it has since been tried in long-standing cases. An octogenarian, who despaired of a cure, is now quite well, and a septuagenarian likewise who regarded the disease as chronic is cured. These are only two out of many cases, and we can say with every confidence that Nature's Sciatica Cure has been discovered. The disease is usually most persistent, and experience shows that the complaint sometimes becomes worse at the commencement of the cure. Sufferers who get worse therefore on starting this treatment must remember that this is only the "last dying kick" of the pain.

Price per package 2/6, *post free.*

14. H. & H. HERBS FOR RHEUMATISM.

A Remedy for Rheumatism, Lumbago, Gout and Sciatica.

In dealing with the question of this group of diseases it would be possible to give scientific reasons for the trouble. Roughly speaking, one may say that these painful complaints are caused by the presence in the blood of minute particles of matter which are injurious to the system and cause the intense pain from which the unfortunate victim suffers. One may say that whenever the system is troubled with disease, Nature immediately sets to work to rid the body of the disease, and the principle of our remedy is, that Nature is assisted in the operation. We have here a combination of Herbs that are effective. This Herbal Remedy attacks the disease by entering into the blood, dissolving and expelling from the system the injurious particles. In early stages—and that is the period when all troubles of this kind should be dealt with—the relief is immediate and the cure permanent. In cases where the trouble is of longer standing the remedy should be taken over a longer period.

Price per package 1/6, *post free.*

15. H. & H. TONIC HERBS.

A Natural Herbal Tonic.

We regard this Mixture as one of the most important we make up. It has many remarkable vitalising properties. In fact, we know of no mixture of Herbs so potent in restoring good health to those who have become debilitated from over-strain or from an exhausting illness.

The over-worked and brain-weary business man, who has still to carry out his duties despite his infirmities, can speedily renew his mental and physical energy by taking these really wonderful Herbs for a short time. They will restore him quickly to perfect strength, and he will experience a confidence in himself and his power-to-do, that will lead inevitably to a surprising performance of his daily duties.

The usefulness of these Herbs is, however, best shown in the consumption of them by those who have become convalescent after a long illness. The physician in such cases always orders a tonic, and there is no better tonic than Nature supplies in the form of Herbs. We consider that after an exhausting illness—Influenza, for instance—when physical and nervous strength are at the lowest, these Herbs are not only advisable, but essential to a complete restoration to health. It is found that the weakness invariably following this and similar complaints is overcome more speedily by the use of this natural tonic than by any other means.

Price per package 1/6, *post free.*

17. H. & H. ANÆMIA HERBS.

Anæmia probably should not be called a disease. We should call it a condition of the blood. It is, unfortunately, a very general and prevalent trouble, especially with young girls. It is caused partly by weakness of the system, but to a very large extent by unwise eating and drinking, and a neglect of proper exercise and the enjoyment of open air. Those who, unfortunately, are troubled with anæmia, are pale in complexion, suffer from lack of energy and from headaches and a general feeling of depression. Unfortunately, young girls especially who are suffering from anæmia are an easy prey to other diseases, and it frequently happens that anæmia is the beginning of very serious health troubles.

Our Mixture of Herbs, if prepared and taken as directed, will work a marvellous change; and a very little time will be sufficient to prove the efficacy of this remedy. It consists of a combination of Herbs, is not unpleasant to take, and has the merit, as all our remedies have, of being extremely cheap.

This compound of choice Herbs is most excellent for the complexion.

Price per package 1/6, *post free.*

18. H. & H. CHEST HERBS.

For the Cure of all Chest Complaints and the Prevention of Consumption.

WEAK CHESTS. It is astonishing how many people suffer from weak chests; it is more astonishing still how *these people settle down to the conviction that weak chests are incurable.* Every sufferer should take our Chest Herbs and surprising results will follow—the weak chest will become strong.

A STITCH IN TIME. We cannot too strongly urge our readers to deal promptly with any disease at the very beginning. Many a serious illness will thus be prevented. If, for instance, a child or older person easily takes cold and is subject to persistent coughs, our beneficial simple combination of Herbs should be procured at once. *We have no hesitation in saying that if our advice is followed thousands of lives will be saved.*

OUR CHEST HERBS are the best remedies for all chest complaints. They have been used as remedies for these diseases for many years. These particular herbs were used, for example, by a Vicar who, by their use, accomplished many wonderful cures among his parishioners. They are unrivalled for cases of Bronchitis, Asthma, Catarrh of the Lungs, and the many other chest complaints to which our fickle climate makes us liable, and which often lead to the "White Plague." *Consumption often develops from a neglected cold.* It always starts with a minor trouble, and if the minor trouble is wiped out consumption never comes.

When once this fearful disease gets a hold, we cannot undertake to deal with the patient. He should at once see a medical man and obtain without delay sanatorium benefit. That is honest advice; and though we might, perhaps, sell some packets of our Herbs for the purpose of dealing with this complaint; and while we honestly believe they would be of benefit to a sufferer, we cannot undertake the responsibility of recommending this to a consumptive.

NO ONE, HOWEVER WEAK HIS CHEST, NEED HAVE THIS DISASTROUS DISEASE, if he will take our Chest Herbs till he is strong. They will fortify his lungs against taking cold; they will increase his breathing capacity; and they will, through this, give him far more bodily strength and activity than he had before.

Price per package 1/6, *post free.*

Testimonials as to the wonderful results obtained are constantly received.

18a. H. & H. BLOOD TONIC.

This is a Herbal Mixture specially prepared for those who are suffering from weakness and Anæmia, which has its origin in poorness of blood. The Herbs of which it is composed are such as will give tone and strength to the vital fluid, and make it better able to carry out its duties of nourishing and strengthening the whole system. Many people who are not exactly ill, and who do not feel ill, are often subject to poverty of blood, which gives them a pale and worn appearance, and causes them to be unable to do their work vigorously and actively, although no one can say that there is anything wrong specifically. To such, this Blood Mixture forms a pleasant beneficial beverage which may, with advantage, be taken two or three times per day. We have had excellent reports from those who have used it.

Price per bottle 2/6, *post free.*

19. H. & H. BLOOD PURIFYING HERBS.

(Testimonials are constantly received.)

Everyone knows that unless the condition of the blood is maintained in all its richness and purity the whole system is undermined and good health is impossible. This wonderful combination of Herbs cleanses the blood from all impurities, and revitalizes the entire body. The symptoms of poor blood evince themselves in such disfiguring conditions of the skin as Eczema, Boils, Erysipelas, Scurvy, Ulcers, Pimples and unsightly blotches. A few doses of this simple and not unpleasant remedy, taken in the form of tea, will speedily restore the skin to a healthy state and add vitality to the whole system. Good, rich, pure blood is Nature's strongest defence against disease.

Price per package 1/6, *post free.*

20. H. & H. COOLING MIXTURE.

This is a Mixture which is intended for use in all cases where, from fever, feverish colds and similar complaints, the temperature of the patient is above the normal. It sets up an early and perfect flow of perspiration, by which means the temperature of the patient soon becomes normal, and thus expedites a cure of the complaint. Its chief ingredient is Feverfew, and this Herb, in conjunction with others which have a similar effect, will be found to be the best that can possibly be used in all such cases. We recommend our customers generally, especially those who have children in the house who are often subject to slight feverish attacks, to keep a bottle of this Mixture in the house for cases of emergency. A dose given at once when there is a slight feverish attack will obviate all danger of a serious illness. A very useful medicine for the mother of the family to have at hand.

Price per bottle 1/3, *and* 3d. *postage extra.*

20a. H. & H. INFANTS' MIXTURE.

This is an excellent Mixture for use for babies from birth, and cannot possibly do the slightest harm to a child of the tenderest age. It is far superior to most of the mixtures put on the market for this purpose, in that it is entirely herbal, no mineral constituents whatever entering into it; and it contains only those Herbs and Seeds which are known to have the best effect on a child's constitution. Most of the illnesses of children arise, we regret to say, from mistakes in feeding. They have their origin in the stomach, and any medicine which is given to a child of tender age should be given for the purpose of putting the stomach right. This Mixture not only soothes and corrects the stomach, but in so doing it also soothes the nerves of a child, and a mother who uses it regularly can be assured of having a peaceful night's rest. We very confidently recommend this to all mothers as an excellent thing to keep in the house.

Price per bottle 1/3, *postage* 3d. *extra.*

21. H. & H. COUGH HERBS.

Beneficial in all Cases of Cold, Asthma, Bronchitis, and all Troubles of the Chest and Throat.

The best of all cures for distressing Coughs, giving such rapid alleviation as to appear miraculous.

One of the most important points to remember in dealing with all forms of Colds is that *prompt measures* are absolutely necessary if the complaint is to be arrested before the whole system falls a prey to its devitalizing influence. The remedy should be *at hand* ready to be administered at the very first sign of trouble. There is certainly no better or more natural remedy than old-fashioned Herbs; and of these, the wonderful combination above is unique. It is a mixture of seven herbs, two of which, Horehound and Hyssop, are to be found in many gardens. If placed in a dry cupboard, these Herbs will retain their potency for any length of time. They have the additional advantage over ordinary cough remedies inasmuch as the medicine can be prepared absolutely fresh every time. Always keep a packet handy for any emergency.

Price per package 1/6, *post free.*

21a. H. & H. WHOOPING COUGH SYRUP.

This is a pleasant and easy way of dealing with this troublesome childish complaint, and very speedily puts the matter right. It is probably the best cure for this complaint that is known. Very severe cases speedily give way to it. We recommend it with every confidence.

Price 1/3, *postage* 3d. *extra.*

22. H. & H. INFLUENZA HERBS.

Invaluable in Cases of Cold, accompanied by Fever, Chills and long continued Colds.

Influenza, which in the old days we simply called "cold in the head," is one of the most troublesome of diseases. The symptoms are too well known to need description : our remedy will be found to be most efficacious if taken as directed.

The remedy given above is not only one of the finest specifics for Influenza, but has proved invaluable in warding off the ill effects of chills, and in arresting even long-standing colds. A packet should be kept in the house ready to be prepared and given *immediately*, as, especially in the case of Influenza, it is in the *early* stages that a speedy and satisfactory cure can be effected.

The remedy is a combination of seven herbs and roots, one of which is Maidenhair Fern in its dried state. There is nothing injurious or poisonous, and it can be given with complete confidence to adults and children alike according to the directions, with the most beneficial results.

Influenza is frequently the beginning of many serious illnesses ; it is therefore important to take the remedy in its early stages.

In cases where a cold is persistent, it will be found to succeed where all other remedies have failed.

Price per package 1/6, *post free.*

23. H. & H. HERBAL EYE LOTION.

From the time when we first founded this business to the present, we have been frequently asked for some cure for sore or inflamed eyes. We have, therefore, after considerable research been able to formulate a mixture of Herbs from which an efficacious curative lotion can be made. Those who have tried it find it quickly and permanently cures sore or inflamed eyes, no matter how long-standing ; and we are sure this will be a great blessing to many who have suffered for a long time. The lotion is easily prepared and simple to use. Full directions on each package.

Price per package 1/6, *post free.*

24. H. & H. EYEBRIGHT COMPOUND.

This is a combination of Eyebright, Golden Seal, and other Herbs which are of the greatest value in dealing with cases of Ophthalmic Conjunctivitis, and all forms of weakness of the eyes. It is made with the utmost care, only the highest quality of Herbs being used, and is undoubtedly the most effective eye wash that can be used.

Price per bottle, 1/3 *Postage* 3d. *extra.*

Eye Baths for using the same, **6d.** each, post free.

25. H. & H. HERBS FOR DIABETES.

This terrible complaint, which is far more common than most people suppose, can be easily cured in its early stages. When, however, it has existed for a considerable time, its cure becomes difficult, and if left for a very long period it becomes chronic.

It is marked by diminutions of the secretions from the skin. It seems, in fact, as if the skin ceases its work, and the kidneys have to do not only their own work, but the work of the skin also.

Those afflicted with it become thin and pale; the digestive organs get completely out of order, and usually the tone of the whole system is lowered, and the sufferer is afflicted with great depression. This complaint is better attacked, as indeed are all other complaints, in its early stages.

The Herbs offered in this packet will form a complete cure for this complaint in its early stages. When, however, the disease is caused by old age or has become firmly established the cure is very difficult, and indeed often unattainable. In this case, however, it can be very greatly alleviated. It is necessary that the patient should pay great attention to diet, and full particulars as to this are given in the directions on the packet.

Price per package 2/6, post free.

Insulin and Diabetes.

The discovery of "Insulin," with its wonderful effects in extreme cases of Diabetes, created a great sensation in the world of medical science, and we are therefore making a few observations concerning it. We do not wish to belittle in any way a great and remarkable discovery which has already been the means of saving the lives of those who have been in the last extremity. It is as well, however, to point out that "Insulin" is not a cure for diabetes. It is common knowledge that "Insulin" is a secretion of the Pancreas, and that it is a necessary adjunct to perfect digestion. When the Pancreas is in a normal state, it steadily secretes the "Insulin"; and it is necessary that it should do so for digestion to be complete, and the nourishment of the body to be perfectly carried on. By using "Insulin," the function of the Pancreas is usurped, and, so far as this secretion is concerned, it stops functioning. Unless the "Insulin" is steadily taken periodically, the patient develops diabetes even more rapidly than before taking it; and if "Insulin" is unavailable, death will speedily occur. A South African doctor has been treating diabetes for a long time with the common "Periwinkle" or Vinca, and there is reliable evidence that if this Herb is taken for a long time, it is a cure of the complaint. Unlike "Insulin," it does not supply the substance that is lacking for perfect digestion; but it stimulates the Pancreas, which is encouraged to produce its ordinary secretions.

H&H
HEATH & HEATHER LTD.
HERB SPECIALISTS
ST. ALBANS
HEATH & HEATHER LTD.
HERB SPECIALISTS
ST. ALBANS

THE LARGEST RETAIL HERB WAREHOUSE IN THE WORLD.
These Premises have a floor area of upwards of 24,000 superficial feet.

MANAGEMENT AND INDOOR STAFF OF HEATH & HEATHER, Ltd.

Directors—J. Ryder, S. Ryder, T. Seaton

26. H. & H. HERB PILLOW.

This pillow has been prepared for the purpose of helping those who are afflicted with Insomnia, which common complaint is of a very distressing character. There is nothing more lowering to the nervous system, and nothing which undermines the strength so persistently and effectually. The real cause of Insomnia is wrong action of the nerves, and it would be wise for any one so afflicted to take at the same time Nerve Herbs. This Herb Pillow is specially prepared of aromatic and fragrant Herbs which will ensure a good night's rest without any after consequences. They do not act as a drug like morphia, but they act as soothers of the nerves, and after a night's rest on one of these pillows, one feels all the energy which is felt by one enjoying perfect health.

Price 10/6, *post free.*

27. H. & H. INSOMNIA HERBS.

For encouraging a Calm and Healthy Sleep, healthfully and harmlessly, to those afflicted with Insomnia.

Insomnia is probably one of the worst afflictions human nature has to endure, and only those who have spent long nights in succession trying vainly to woo elusive slumber can appreciate to the full the wearing, nerve-racking condition which is invariably engendered by it.

These Herbs must not be confused with the "sleeping draught," such as can be supplied by any medical man, and composed of drugs. The doctor honourably advises the patients not to take it, for he knows that in most cases the remedy is worse than the disease.

The natural Herbs composing this packet are in no sense dopes. They are sedatives for the nerves and brain, soothing and calming them, and insuring for the sufferer a quite natural sleep and a refreshed and invigorated body on awakening.

We at the same time recommend those who are afflicted with this serious complaint to obtain a Herb Pillow.

Price per package 2/6, *post free.*

TESTIMONIAL.

I am really glad to tell you that your Nerve Herbs (No. 9) are doing my husband a world of good. My husband, who is blind, had a very bad nervous breakdown, and could get no relief. After taking a small quantity of your Herbs he had a wonderful night's sleep, and still continues to get good rest. He is feeling very fit generally, thanks to your wonderful Herbs.—A.C.—3001.

27a. H. & H. HERBS FOR FITS OF ALL KINDS.

We have been exceedingly successful since we established this business in dealing with persons who have been afflicted with fits. After carefully studying and experimenting for a long time we have at last formulated a herbal remedy which is probably the best one for the treatment of fits of all kinds. We have produced excellent results with those who have been afflicted with Epilepsy; and we consider that the Herbal Mixture we now offer for this purpose, if taken carefully and systematically according to the directions on the package, will effectively cure this complaint in its worst form. We are exceedingly pleased to introduce this remedy to our customers, for we believe that up to this time no well-defined cure of a reliable nature has been introduced. *Price per package 2/6, post free.*

The Use of Alcohol.

We are often asked by our customers whether it is advisable or not that they should take a moderate quantity of alcoholic beverage. Although the writer of this paragraph has been a total abstainer for upwards of a quarter of a century, he is desirous of approaching this question with an open mind.

He has found abstention of the greatest benefit to him, but he is quite willing to admit that there are cases where a little alcoholic beverage may be of benefit to its user.

Our opinion on this matter is that each person should find out for himself whether it is wise or not for him to indulge in alcoholic beverages. There are many who are in the habit of having a glass of ale or a glass of wine with their meals; and they honestly believe that these beverages aid digestion, and in other ways promote health. It is our opinion that this is a matter which can only be settled by the individual himself. We advise those who are in the habit of taking a little alcohol to leave off for a week. At the end of that time they can tell definitely whether they have benefited or otherwise from their abstention. If they find that the abstention has been injurious to their health in any way, then it is probable that a little alcohol is good for them. On the other hand if they find, as the writer of this paragraph did, that there was a decided improvement in health, then the lesson should be taken to heart. We are strongly of opinion that while taking our Herbs the best course is to cease using alcohol altogether, for in the majority of cases it simply retards the cure.

IMPORTANT NOTE.—Those who are addicted to the excessive use of alcohol, drugs, or tobacco, will find the tablets on page 61 very useful in dealing with the extermination of the habit. Those who have already had them speak very highly in their praise.

28. H. & H. HERB BEER—A Temperance Beverage.

The mixture of Herbs supplied for making this pure and wholesome drink is the result of very long experience and experiment. The mixture consists of Herbs in right proportions to produce a beverage that is not only delightful to the taste but is health-giving. Prepared according to the directions given with every package, this Herb Beer, although a temperance beverage, will be quite as much appreciated as the ordinary bitter beer, and indeed should take its place, and be regularly made in every household. Full directions for making are given with every packet. It is necessary to add to the mixture, in the process of making, a little yeast. As this delicious Herb Beer is produced at about one farthing per glass, everyone will see how economical it is. We think, ourselves, that this simple and health-giving beverage should be made regularly in every family.

Price per package 1/6, *post free.*

29. H. & H. ANTI-FAT OR CORDOVA TEA.

A remarkable combination of the simplest Herbs which form a pleasant and appetizing method of dealing imperceptibly and effectually with all the troubles accompanying an excess of adipose tissue. Only those who are afflicted with this disease—and excess of fat is a disease—can at all appreciate the discomfort and lack of ease attending such a condition. These Herbs immediately set about their task, and gently but firmly carry off, imperceptibly but unerringly, the superfluous fats, and expel them through the millions of waste channels with which the body is provided. Slowly and surely, minute by minute, the process goes on, easily and even pleasantly; and at last the sufferer finds a new joy in life, an increased activity and a joyousness of mind, accomplished without the griping pains and drastic processes too often experienced by users of so-called remedies for this complaint. Ours is the natural way, and Nature is always right.

Price per package 1/6, *post free.*

29a. H. & H. BUSH TEA.

This is a mixture of Herbs which, in combination, forms an excellent substitute for ordinary tea. We are all aware that excessive tea drinking is a great evil, and that even if tea is taken in moderation it is still to a certain extent injurious, owing to the tannin which it contains. The Herbs in this mixture have no injurious properties whatever; indeed, they are certain to benefit greatly those who take them. Taken just like ordinary tea, they are a preventative of Indigestion, assist assimilation of the food, and purify the blood.

Price per package 1/6, *post free.*

30. H. & H. RIMARI MOUNTAIN TEA.

Strongly Recommended as an Aid to Digestion.

This Tea is made from the leaves of a species of Holly which grows on the mountain ranges of Paraguay. It has been used for hundreds of years and at the present time is used by many people who prefer it to ordinary Indian or China tea. It has great advantages over these, and is far less astringent. It is prepared like ordinary tea, and the liquid is amber coloured, so that one would think from its appearance that it is weaker than ordinary tea. It is, however, much stronger and more stimulating. This tea is prescribed with great success by medical practitioners who make a speciality of diet.

There is universal testimony as to its virtues in toning up and soothing the nervous system, acting as a nerve tonic, enabling one to bear the fatigue of a journey more easily, and relieving the pangs of hunger till food can be obtained. A small cup taken before a meal is simply a wonderful help to digestion, and consequently to the general health and strength of the system. It is a remedy that should be taken by all. Full instructions for its preparation are given on every package. One of our friends says: "A cup of your Rimari Tea is as stimulating as a glass of champagne." This tea is largely advertised under another name as a remedy for rheumatism. We do not recommend it for this purpose, knowing that our Rheumatism Herbs (No. 14) are much better for this complaint.

Price per package 1/6, *post free.*

31. H. & H. HERBS FOR THIN PEOPLE.

For the Promotion of a Strong, Healthy Proportionally Developed Body.

Specially designed for those excessively thin. They do this by correcting those organs which, by wrong action, aid the continuation of this state. Users will find an almost immediate increase in energy. They invariably improve in appetite, and through the stimulus given to the digestive organs, much of the food which has previously only ended in waste is taken up by the blood, and so feeds the wasted tissues. In this way there is induced a daily increasing plumpness, the addition being due in no sense to unhealthy fat, but to good sound muscular fibre and sinew.

Like a superabundance of fat, undue thinness is a disease and requires dealing with in a sensible and rational manner. Nature has provided the remedy in these Herbs, and those suffering from attenuation cannot do better than adopt Nature's remedy.

Price per package 2/6, *post free.*

32. H. & H. BATH HERBS.

These fragrant Herbs are put in a little Muslin and placed in the Bath.

These Bath Herbs have been combined so as to make the Bath not only a delight and a joy, but at the same time a health-promoting function. The Herbs are blended so as to give off a refreshing and delightful odour, which is derived directly from its native fount. This odour, recalling the violets of the woodland, the damask roses, lavender and cloves of the old English gardens, and many more of Nature's delightful fragrances, exercises an exhilarating and soothing effect on the tired brain. At the same time the herb-impregnated water has a healing effect on irritated skins, and promotes a healthy action of the follicles. The pores are effectively cleansed, and the skin assumes that unmistakable glow which is a sure sign of a healthy body. By these Herbs, the commonest soap is placed far in advance of the most expensive scented soap, by the clean healthy odour of the delightful Herbs.

In cases where one is worn out, the effect of a warm bath, in which these Herbs are placed, is wonderful. Those who are worried, hard pressed, hard worked, weak, convalescent, etc., etc., will find these Herbs no less than magical.

Price per package, with full directions, 2/6, *post free.*

33. H. & H. COMPLEXION HERBS

Enjoy an Ever Increasing Popularity.

Wrap these Herbs in Muslin and place in Water before Washing.

We offer here a combination of Herbs as a simple natural method of improving the complexion. These delightful Herbs are extremely popular with our lady customers. They are much to be preferred to the innumerable remedies that are so widely advertised. The effect is an early improvement in the complexion. The pores of the skin are stimulated to free action, and this alone is wonderfully beneficial. In addition to this, the minute blood vessels are improved in their functions. The result is a clear skin and a healthy beautiful colour.

Full instructions are given with each package. A lady should use them every time she washes. They need no preparation. It is an easy way of obtaining the desired results. The mixture consists of several Herbs, among which are rose leaves and lavender, and is delightfully fragrant.

Ladies who have pale complexions should have a course of Anæmia Herbs (see page 27).

Per package 2/6, *post free. Full instructions with every packet.*

H. & H. BATH CRYSTALS.

A delightful morning bath may be procured by adding a tablespoonful of these crystals to the water. They can be supplied with the scent of—

34	LAVENDER	36	VERBENA
35	EAU-DE-COLOGNE	37	GOLDEN GORSE

The 1/9 size contains sufficient for 24 delightful baths.
Price 1/9; *double size* 3/-, *post free.*

38. H. & H. HAIR TONIC, or HERBAL SHAMPOO.

This is a combination of Herbs that, very simply prepared, makes the most wonderful mixture for the hair. Directions for preparation are given, which merely mean pouring hot water on the Herbs. The result is a very fragrant delightful liquid which is very pleasant to use. This tonic is invaluable for preventing baldness and encouraging the growth of the hair. It also improves the quality of the hair, making it lustrous as silk. It should be used regularly by everybody. The cost is so trifling that one cannot help comparing it with the expensive mixtures that are offered under various names, but there is nothing that can equal this simple preparation of a group of wonderful Herbs. With every packet there are given definite instructions for the simple preparation of this wonderful natural remedy, and we trust that this mixture will be widely used and recommended by our customers.

Price per package 1/6, *post free.*

39. H. & H. POULTICE and EMBROCATION HERBS.

For the Treatment of Boils, Carbuncles, etc.

The Herbs in this package will be found to be more efficient in the treatment of inflamed sores than any of the ordinary poultices in common use. They act as antiseptics, destroying the microbes which cause the trouble, cleanse the wound, and enable it to clear itself freely and rapidly of the poisonous matter which is the cause of all the trouble. They stimulate the circulation in the part affected, and by so doing very speedily bring about a rebuilding of the injured tissues and a complete healing.

Not only are these Herbs useful for this purpose, but by infusion, they can also be used as hot fomentations and lotions. The liquid is eminently useful in the treatment of joints swollen with Rheumatism, in sprains and bruises, and in swellings. Full directions are given with each package for use in various ways, and we are sure that those who once try these Herbs for any of the afflictions mentioned above will regard them as a wonderful panacea. *Price per package* 1/6, *post free.*

H. & H. FRAGRANT HERBS.

Many persons do not know that, not only are Herbs valuable as remedies for the ills of mankind when used as orthodox medicines, but that the very fragrance which they diffuse has an undoubtedly excellent effect in allaying some of our most common and troublesome illnesses. Culpeper, Gerard, and the old Herbalists who lived many years before their time, were acquainted with this truth, and frequent references were made in their books to the virtues of these scents. The Lavender, the Woodruff, the Peppermint, the Thyme, and even the Common Groundsel of our gardens were all credited with virtues in this direction; and it was the ordinary practice in those days for the "Lady of the Castle" and the "Yeoman's Housewife" alike to see that the linen carried the fragrance of health-giving Herbs, and that bunches of them were hung about the house to keep fresh and healthy the air of the rooms. On their bodies they carried Herb boxes with perforated lids, so that a delightful fragrance was carried about with them.

Lavender, Rosemary, Thyme, and other fragrant Herbs will be found offered in 9d. packages on pages 92—106. Larger packages at 1/6

39a. **MIXED FRAGRANT HERBS.** A delightful combination.

Price per package 9d. *and* 1/6, *post free.*

40. H. & H. WORM POWDER.

An effective and immediate remedy for all varieties of these intestinal pests.

It is truly astonishing how often we have found that persons who have imagined they have contracted a wasting and debilitating disease have simply been suffering from the presence of these undesirable pests in their bowels. The pale and sickly looking child, the anæmic girl, and the pale weakly looking young man are all often suffering only from the unsuspected presence of these creatures. Children especially are very much subject to them in the form of thread worms; and in many cases they are, we are afraid, allowed to continue till permanent harm has been done to the constitution.

We consider it wise to give an occasional dose of worm powder to every child, for purposes of prevention.

This worm powder will be found effective alike for the expulsion of all kinds. At the same time they are quite harmless in other ways. *Price per tin* 1/3, *post free.*

40a. H. & H. WORM CHOCOLATES FOR CHILDREN.

Many children are unable to take our Worm Powder, and for these the above have been prepared. They are pleasant to take, nice in appearance, and do their work exceedingly well. In most cases, one given to the child on retiring will get rid of the cause of the trouble.

Price 3d. *each,* 3 *for* 7d., *post free.*

H. & H. CORDIALS.

For easily making Hot Drinks in Winter or Cooling Drinks in the Summer.

These Essences are compounded only of the finest ingredients, and are soluble in water, either hot or cold, in the proportions necessary for producing the desired flavour. We recommend them very strongly as the finest of these Essences we have yet seen, and believe that many of our customers will be pleased to have the opportunity of obtaining the means of making delicious refreshing beverages easily and quickly by the use of these Essences. The addition of effervescing lemonade in place of water makes a delectable Summer beverage. They are supplied in bottles at 1/3 each, post free. It will be found that where the name of a particular fruit appears the essence has the exact flavour.

E1	**Blackberry**	**E 6**	**Ginger**	**E11**	**Raspberry**
E2	**Black Currant**	**E 7**	**Lemon**	**E12**	**Strawberry**
E3	**Cherry**	**E 8**	**Lime Fruit**	**E13**	**Raisin**
E4	**Damson**	**E 9**	**Orange**	**E14**	**Lime Juice and Sarsaparilla**
E5	**Elderberry**	**E10**	**Pineapple**		

Each of the above, per bottle, 1/3, *post free.*

VITAMINS.

I would especially like to call the attention of our customers to the article on Vitamins on pages 52 and 53. It is a subject which is well worth studying with regard to all diet, and it is perhaps as well that I should just mention that Heath & Heather was the first business firm to call attention to these active little principles. Investigation has brought much more information regarding them, and we should advise those of our customers who are interested in the matter to obtain from His Majesty's Office the report of the Medical Research Council on these accessory food factors. They will find it very interesting reading.

Jas Ryder

41. H. & H. HERBS FOR BLOOD PRESSURE.

Since commencing this business we have had frequent applications for Herbs suitable for dealing with this complaint, which is evidently far more common than most people imagine. We have no need to lay stress on the fact that this is a most dangerous condition for the body to be in; and that, if neglected, it generally leads to apoplexy with all its evil consequences. The state may be described as an excess of blood. This is not serious so long as the excess does not affect the brain. The causes are many; but the chief may be stated to be the wearing of tight clothes, especially round the neck, and injurious diet. Insufficient exercise is also a frequent cause, while very many of the cases arise from excessive drinking. Those who are subject to this complaint usually do not take sufficient exercise. We have no need to say that physical exercise is always necessary to a high state of health, and probably this remark applies to this complaint more than any other. Occasionally, blood pressure is caused by diseases of certain organs in the body, such as the Liver, Heart, or Kidneys. There is no need to emphasise the fact that it is a complaint which should be dealt with at once, and those who are suffering from it cannot be too strongly urged to take immediate action. Our remedy consists of a mixture of Herbs combined with great care, which is calculated to restore the system to a natural state. We wish to state distinctly that these Herbs alone will not do everything that is required. It is necessary for those who are taking them to adopt a system of diet. Particulars of this system are sent with every package, and have been drawn up with great care. We are quite certain that those who are suffering in this way will get full benefit and be able to cure themselves completely if they take our Herbs, and follow our system with perseverance and persistency.

Price per package 2/6, *post free.*

H. & H. HERBS FOR CULINARY PURPOSES.

43 Sage
44 Thyme
45 Marjoram
46 Tarragon
47 Mint
48 Bay Leaves
49 Basil
50 Parsley
51 Mixed Sweet

Price per package 3d., *post free.* 6 *for* 1/3, 12 *for* 2/3

H. & H. ESSENCES FOR CULINARY PURPOSES.

53 Cochineal
54 Lemon
55 Vanilla
56 Almond
57 Ginger
58 Celery
59 Ratafia

Price 5½d. *each*; 3 *for* 1/3, *post free.*

HEATH & HEATHER'S
HERBAL SMOKING MIXTURE.

60 H. & H. FRAGRANT SMOKING MIXTURE.
61 H. & H. UNSCENTED SMOKING MIXTURE.

PRICE OF EACH—

Per package 1/6, two for 2/9, three for 4/-, four for 5/-, five for 6/-, and 1/- for each extra package.
Twenty packets for £1, carriage paid.

This mixture is composed of British and Foreign Herbs. It is beautifully fragrant; and, unlike tobacco, has no injurious effects, but is healthful to the chest and lungs.

TOBACCO at the present time is very expensive, and our first claim for our Herbal Smoking Mixture is that it is economical. Our eighteen-penny package contains about five times the bulk of one ounce of tobacco. The Herbal Mixture is lighter than tobacco, as it does not contain injurious ingredients which are commonly present in the latter. The demand for this mixture is increasing daily.

PREJUDICE. Smokers, at first, are naturally against herbs. ***They should remember, however, that tobacco is a herb.*** The writer is an old smoker. His experience is that, after a pipe or two, he found the following to be facts :—It is a very delightful smoke; there is no foul pipe; there is a very grateful fragrance. After thirty years' tobacco smoking, he is now smoking this mixture with very great enjoyment.

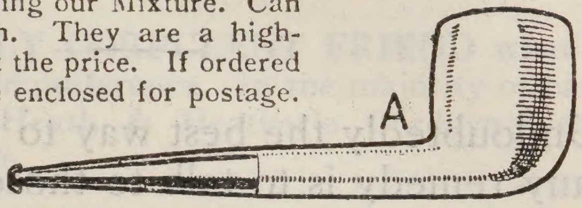
FOR THE HEALTH, this mixture is universally proved to be most beneficial. It is soothing to the nerve, beneficial to the chest, and consequently should be regularly used by all who are subject to Bronchitis, Asthma, Consumption, and any throat or lung troubles which arise from weakness of the chest, in preference to tobacco. But while this is so, our strong point is that it is ***excellent*** as a smoking mixture—and ***wonderfully cheap.***

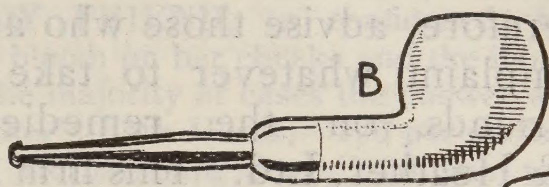
PURITY. This mixture is free from all injurious and poisonous substances, such as nicotine, so that no bad effects can result—only beneficial.

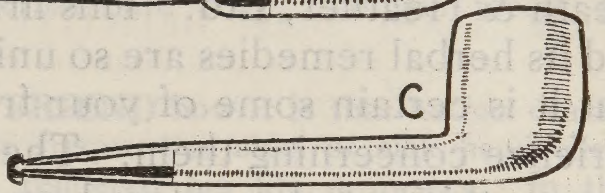
THIS MIXTURE IS A NEW THING. It is the result of many experiments and much scientific research. We strongly urge our customers to give it an impartial trial. We ask them to invite the opinion of friends. If this is done, we are confident we shall have an increased demand. The interest taken in this mixture is very gratifying to us.

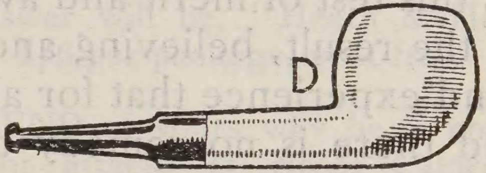
62. PIPES (Briars).

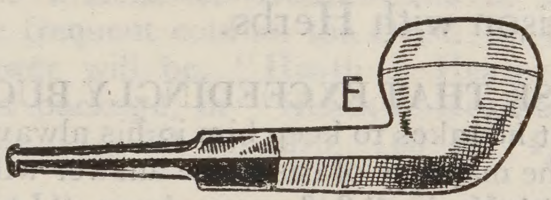
Suitable for use in smoking our Mixture. Can be supplied at **1/6** each. They are a high-grade pipe, and cheap at the price. If ordered alone, 2d. extra must be enclosed for postage.

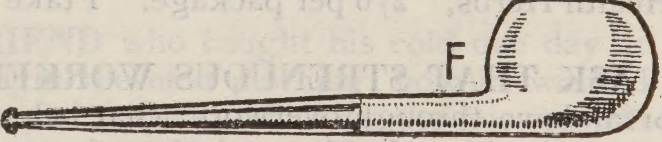












NOTE.

When ordering, state shape required by quoting letter A, B, C, etc. F is a special shape which, when placed on the table, cannot rest in any other position than with its bowl upright.

TESTIMONIALS.

I thank you for the Smoking Mixture (No. 60) received. This I have tried and am impressed by its qualities, not only as a pleasant smoke, but also as alleviating the heavy nasal catarrh from which I suffer at the moment.—O.V.—4016.

Re your Herbal Smoking Mixture, I am gratified to find that you supply in the place of ordinary tobacco an innocuous substitute which is fragrant, refreshing and inexpensive. It is clean, odoriferous and gratifying. I commend it to the trial of all.—D.S.—4001.

ASK YOUR FRIENDS.

Undoubtedly the best way to judge as to the uses of any remedy is to talk to those who have used it. We, therefore, advise those who are suffering from any complaint whatever to take the opinion of their friends on the remedies supplied by Heath & Heather, Ltd. This firm is so well known, and its herbal remedies are so universally employed, that it is certain some of your friends will have experience concerning them. The firm unhesitatingly accepts this test of merit and awaits with every confidence the result, believing and knowing from long study and experience that for all the common ills of mankind there is no remedy that bears any comparison with Herbs.

ASK THAT EXCEEDINGLY BUOYANT FRIEND of yours what he takes to keep him in his always excellent state of health. In the majority of cases the answer will be, "Heath & Heather's Health Herbs," 2/6 per package. "I take a dose each morning."

ASK THAT STRENUOUS WORKER who had a nervous breakdown through overwork what helped him most to recover robust health. In the majority of cases the answer will be, "Heath & Heather's Tonic Herbs." 1/6 per package, post free.

ASK THAT NEIGHBOUR who has been for years a chronic dyspeptic how he cured his Indigestion. In the majority of cases the answer will be, "Heath & Heather's Indigestion Herbs." 1/6 per package, post free.

ASK YOUR CITY ACQUAINTANCE how he cured the Rheumatism which had been giving him painful days and sleepless nights. In the majority of cases the answer will be, "Heath & Heather's Rheumatism Herbs." 1/6 per package, post free.

ASK YOUR FRIEND who has been unable to stoop and work in his garden for months, because of that dreadful aching back, how he has, at last, become a strong man again. In the majority of cases the answer will be, "Heath & Heather's Kidney Herbs." 1/6 per package, post free.

ASK THE FORMERLY CORPULENT FRIEND what he did to reduce his waist circumference. In the majority of cases the answer will be, "Heath & Heather's Cordova Tea." 1/6 per package, post free.

ASK YOUR LADY FRIEND, in confidence, how she obtained the beautiful bloom on her cheeks and the ivory whiteness of her skin. In the majority of cases the answer will be by using "Heath & Heather's Bath Herbs," 2/6 per package, and "Heath & Heather's Herbal Skin Soap," 9d. per tablet, all post free.

ASK YOUR BOSOM FRIEND how it is that he has ceased to be afflicted with those frequent attacks of sick headaches, which for months have rendered his life a misery. In the majority of cases the answer will be, "Heath & Heather's Stomach & Liver Herbs." 1/6 per package, post free.

ASK THAT OLD FRIEND of yours why he is no longer afflicted with the frequent attacks of Nasal Catarrh, the annual Hay Fever, and the frequent cold on the chest. In the majority of cases the answer will be, "Heath & Heather's Smoking Mixture," 1/6 per package, or "Heath & Heather's Herbal Cigarettes," 20 for 1/-, 50 for 2/5, 100 for 4/9, 1,000 for 42/-, all post free.

ASK THE CITY FRIEND who caught his cold one day at the office, and was all right the next morning, how he worked the seeming miracle. In the majority of cases the answer will be, "I keep by me a package of Heath & Heather's Influenza Herbs. I take a dose of it on going to bed. I am invariably better next morning." 1/6 per package, post free.

ASK THAT OTHER FRIEND of yours who used to be of such a scraggy, emaciated and attenuated physique, how he amended matters. In the majority of cases the answer will be, "Heath & Heather's Herbs for Thin People." 2/6 per package, post free.

ASK YOUR NEIGHBOUR who, for many years, has had unsightly patches of irritating eczema, what cured him at last after so many so-called remedies had failed. In the majority of cases the answer will be, "Heath & Heather's Blood Herbs," at 1/6 per package, "Heath & Heather's Eczema Ointment," at 1/3 per box, and "Heath & Heather's Eczema Soap," at 9d. per tablet.

ASK THAT BRIGHT AND HAPPY YOUNG LADY what she took to overcome the Anæmia which made her look pale and washed-out, and rendered her incapable of carrying out her ordinary duties for weeks. In the majority of cases you will be told, "Heath & Heather's Anæmia Herbs," 1/6 per package, post free.

ASK YOUR COLLEAGUE how he managed to get rid of that hacking cough, which kept him awake at night and was a constant annoyance to himself and friends. In the majority of cases the answer will be, "Heath & Heather's Cough Herbs," 1/6 per package, post free.

ASK YOUR AGED RELATIVE who has suffered the martyrdom of Sciatica and Neuritis how he conquered it. In the majority of cases the answer will be, "Heath & Heather's Sciatica Herbs," 2/6 per package, post free.

ASK YOUR STOUT FRIEND how he caused the headaches of Blood Pressure to cease. In the majority of cases the answer will be, "Heath & Heather's Blood Pressure Herbs," 2/6 per package, post free.

ASK YOUR NEIGHBOUR, who appeared for months to be gradually getting paler and weaker, with difficulty in breathing and fearing Consumption, what he took to make him so healthy and strong. In the majority of cases the answer will be, "Heath & Heather's Chest Herbs," 1/6 per package, post free.

ASK THE FRIEND of your schooldays whom it has grieved you to see suffering with eruptions, making him unsightly and at times repulsive, how he got the healthy complexion envied by his female relatives. In the majority of cases the answer will be, "Heath & Heather's Blood Herbs," 1/6 per package, post free.

ASK YOUR SISTER how she managed so quickly to cure her two little girls of whooping cough. In the majority of cases the answer will be, "Heath & Heather's Whooping Cough Syrup," 1/3 per bottle (postage 3d.).

ASK THE LADY next door how she managed to cure the inflamed and sore eyes of the little child. In the majority of cases the answer will be, "Heath & Heather's Eye Lotion Herbs," 1/6 per package, post free.

ASK YOUR FARMER FRIEND what that non-alcoholic delightful beverage is he gives his men in the harvest field. In the majority of cases the answer will be, "Heath & Heather's Herb Beer," 1/6 per package, post free.

Constipation a Bad Habit.

It may appear rather harsh to say that in nine cases out of ten Constipation is due to parental neglect, yet such is the case. The neglect has not been wilful, but has been engendered by ignorance.

Constipation, in our opinion, is a bad habit, and the only cure for it is to breed a good habit in its place. The ordinary individual relieves his bowels only when Nature calls out that he has delayed the operation too long. The insistence of outraged Nature compels him to a duty he probably should have performed hours ago. Use is second nature. Nature becomes weaker and weaker in her protests, and at last the habit becomes fixed and Constipation reigns supreme, leading her unhappy slave into innumerable channels of discomfort and making him an easy prey to all the ills that afflict humanity. A duty of paramount importance to the health of all human beings is that early in life they shall be trained in regularity in this respect. Their visits to the latrine should be as unvaryingly regular as their visits to the breakfast table or to the bed at night; and it is the duty of parents to see that this good habit is formed and that it is carried out by time-table. The call should not be left to protesting Nature, but should be the daily duty of the loving parent.

A bad habit is easily formed, but it is a different matter casting it out. Our Herbs will probably, if wisely used, be found to be the best help an afflicted man can have. But it must be remembered that these Herbs are intended to cure, and they can only do so if the sufferers co-operate with them by insistently trying to produce that regularity of bowel-action which is necessary to the complete restoration of its functions.

Elisha and Naaman.

When Naaman, the Syrian, was afflicted with leprosy, he was advised that the prophet Elisha might be able to cure him. He made the long journey from his own country to the house of Elisha. Elisha's servant was sent out with a message that Naaman was to bathe seven times in the river Jordan, and his leprosy would be cured. The great man felt that he had been very negligently dealt with, and was inclined to return to his own country and wash in the far larger rivers there. He had, however, a very shrewd servant who told him that it was a very simple thing to do, and that it would be wise for him to try it. He ultimately tried it and was cured. This Biblical incident, very shortly told, has a bearing on the taking of Herbal Remedies. The simplicity of the cure engenders want of confidence, and those who are advised to take them very often reject them.

Heath & Heather "Don'ts."

DON'T EAT QUICKLY.
Thorough mastication means good digestion.

DON'T DRINK DURING MEALS.
This encourages inactivity of the salivary glands. It is better to drink before meals rather than after. Dry feeding is best of all.

DON'T EAT WHITE BREAD.
This has been deprived of its nutriment. Wholemeal bread is better in many other ways.

DON'T EAT TOO MUCH.
This is a common fault and leads to endless trouble.

DON'T BREATHE THROUGH THE MOUTH.
"And He breathed into his nostrils the breath of life" points clearly to the fact that our nostrils were created for breathing.

DON'T SHUT YOUR BEDROOM WINDOW
at night even in the coldest weather. Fresh air is your good friend, and impure air your deadly enemy.

DON'T FORGET TO DON WARMER APPAREL
when going out in cold weather. Your rooms are warm, and the outer air cool, and extra clothing is needed to balance temperatures.

DON'T WORRY OVER TRIFLES.
This is the cause of most of the nerve trouble in the world. Generally, a happy mind means a healthy body.

DON'T NEGLECT DAILY EXERCISE
in the open air. This is one of the best aids to health.

DON'T BROOD
over your small ailments. Encourage cheerful thought, and many of your troubles will melt away.

DON'T INDULGE TO EXCESS.
Excess of any kind means injury to health.

DON'T SHUT OUT THE SUNSHINE.
This is one of the greatest blessings to health.

DON'T LET THE PORES GET CLOGGED.
Free perspiration means the systematic elimination of waste tissue.

The ROMANCE ILLUSTRATED

HEATH & HEATHER
LTD

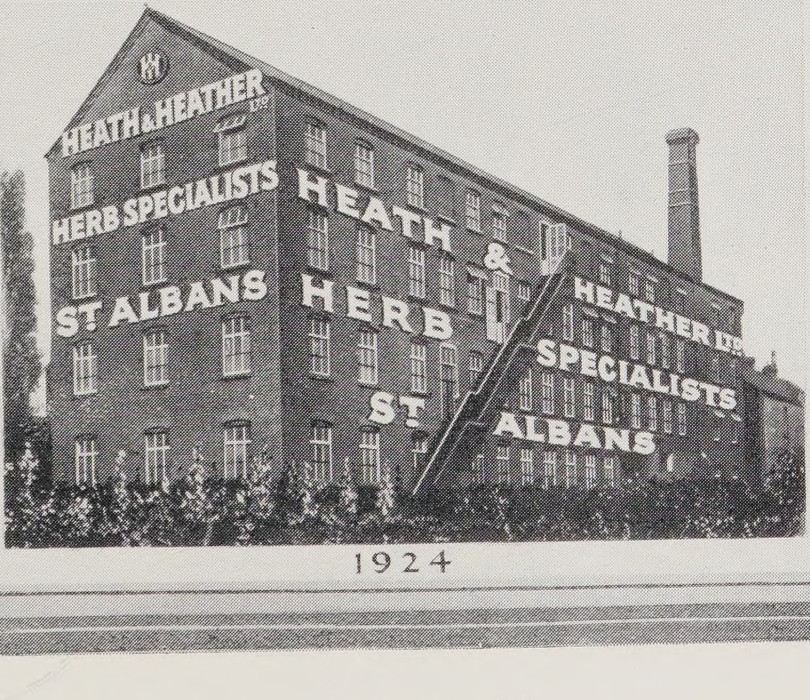
1920

HEATH & HEATHER LTD

1921 – 1922

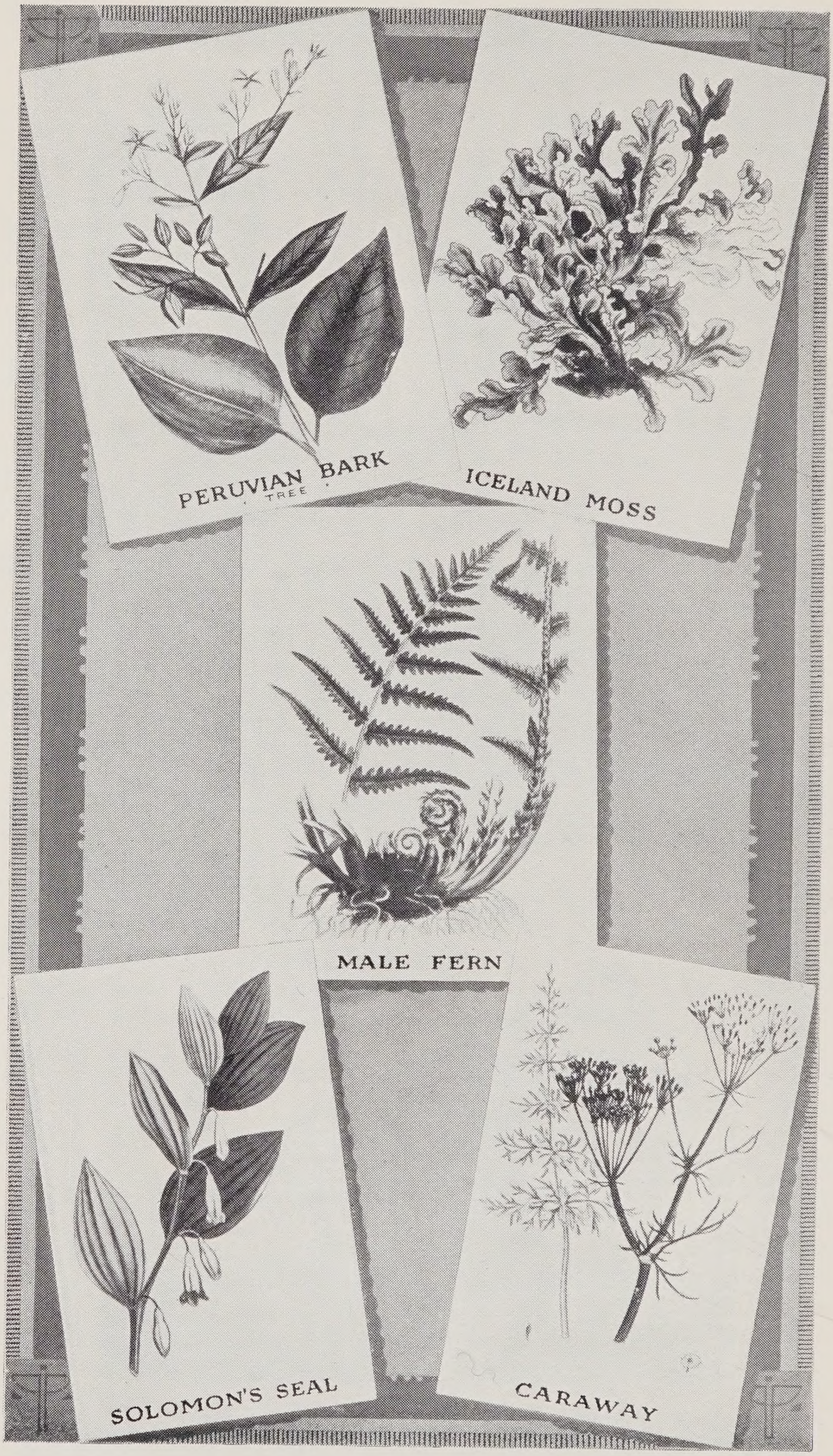
HEATH & HEATHER LTD
HEATH & HEATHER LTD

1922 – 1923


HEATH & HEATHER LTD
HERB SPECIALISTS
ST. ALBANS
HEATH & HEATHER LTD
HERB SPECIALISTS
ST. ALBANS

1924

See Pages 113 to 115.


PERUVIAN BARK
TREE
ICELAND MOSS
MALE FERN
SOLOMON'S SEAL
CARAWAY

Reproduced from *Medical Botany*, by William Woodville, M.D., published 1794

FANCY BOXES FOR CHRISTMAS AND BIRTHDAY PRESENTS.

We are very frequently asked to make up boxes of our goods suitable for presentation on special occasions, such as at Christmas, on birthdays, and for annual rejoicings. The numbers of such requests received justify us in forming the opinion that we should be better meeting our customers' needs were we to prepare boxes of a daintily decorated description for this purpose.

We have accordingly prepared a number of these boxes for ladies and gentlemen; and are prepared to forward small parcels of our goods, ordered by our customers, direct from this warehouse, at the same time enclosing any card or greeting supplied by the customer. We are quite sure from the letters we have received that many of our friends will find this a very great convenience; as they will be saved the trouble of packing, a somewhat difficult matter to the amateur, but a simple thing to our experienced employees. At the same time, the parcel will arrive in a very presentable condition.

The following parcels made up for ladies are suggested, but it must be understood that the customer has an absolutely free hand in selection. The goods will be charged at the catalogue price, but the decorated box will be supplied free of charge.

FOR LADIES.

No. 1 Suggested ... ... *Price* 8/10

1 packet of Pot Pourri
1 tin of Pot Pourri Bath Salts
1 tablet of Pot Pourri Soap
1 bottle of Pot Pourri Scent

No. 2 Suggested ... ... *Price* 13/9

1 large bottle of Pot Pourri Scent
3 tablets of Pot Pourri Soap
1 box of Pot Pourri *Par Excellence*

FOR GENTLEMEN.

No. 1 Suggested ... ... *Price* 6/11

1 stick of Slippery Elm Shaving Soap
1 Shaving Brush
50 Cigarettes De Luxe

No. 2 Suggested ... ... *Price* 14/-

1 pair Military Hair Brushes
1 Pot Pourri Shampoo
1 Shaving Brush
1 Slippery Elm Shaving Stick

We wish it to be distinctly understood that these are only suggested parcels which would be very acceptable to the recipients generally. There are no doubt many cases where they would not be quite suitable, and we wish to impress that the customer has freedom of choice. If we are asked to send a parcel as a present it will be specially packed in one of the decorated boxes, and any greeting, supplied with the order, enclosed.

69. H. & H.

New Herbal Cigarette De Luxe.

This is a Cigarette with which we have lately been experimenting, and doing so on what we consider to be very successful lines. Our attention was directed to the matter in the following manner.

A lady customer who had been in the habit of smoking our ordinary brand of Cigarettes for a long time, expressed the desire for one which gave out more fragrance. We immediately began attempting to produce a Cigarette which would perfectly satisfy her, and in the process, arrived at the one which we are now introducing to the public. The following points may advantageously be considered by those of our customers who have been in the habit of using Cigarettes either of tobacco or of our regular kind :—

(1) They are larger in circumference than the ordinary cigarette. Owing to this, they burn freely and evenly right from the commencement.

(2) They last nearly twice as long as the ordinary cigarette.

(3) They are delightfully fragrant with a fragrance which is pleasing to everybody. It is a great pleasure to go into a room where one of these Cigarettes is being smoked. The attention of everyone is at once drawn to the smoker because of the exceedingly pleasant odour.

(4) In increasing the fragrance, care has been taken to avoid interfering in any respect with the remedial qualities of the former cigarette. In short, it is a much more enjoyable way of taking the cure than was previously the case.

(5) In the opinion of an expert, this Cigarette is quite comparable, indeed superior, to many of the highly-scented cigarettes made from tobacco. It gives greater pleasure by a superior odour, and at the same time has none of the injurious effects which many brands of cigarettes possess.

(6) No cigarette can be more acceptable as a gift to a lady who smokes ; and gentlemen who have been in the habit of smoking cigarettes made from tobacco will be pleased and delighted to meet with a harmless Herb Cigarette, which can call forth nothing but praise from their sometimes critical friends.

(7) This cigarette has no sting or bite in smoking. The Herbs which have been added for the sake of fragrance have had the effect of eradicating altogether this objectionable feature of cigarettes generally.

Speaking candidly and sincerely, we may say that we believe that in investigating this Cigarette we have come across one of the most valuable discoveries in this matter which has ever been made. It will give as much pleasure as smoking the finest brand of tobacco cigarette can, and we have a very large demand for it.

The Cigarette De Luxe has been tried in all parts of the world by ladies and gentlemen in all grades of society, and the letters we have received concerning it—many thousands—have all been unanimous in praising it as an excellent introduction. We are now manufacturing in large quantities and shall be able, we are pleased to say, to meet all demands. This has been a serious difficulty in the past, but the arrangements we have now made in our factory ensure our being able to meet the demand, however large.

	10	20	50	100	500	1,000
Price	6d.	1/-	2/5	4/9	22/-	42/-

Post Free.

T69. CIGARETTE TUBES (Ejectors).

For use with these Cigarettes. Can be supplied at **6d.** each if ordered with cigarettes. If ordered alone, **2d.** must be enclosed for postage. They are exceedingly nice cigarette-holders for ladies.

A MEDICAL TESTIMONY.

It was, in my opinion, high time that some harmless substitute for the ordinary cigarette should be placed upon the market. Now this has been accomplished in a most satisfactory manner by your well-known Firm, and I consider that you are entitled to the thanks of the public for thus giving them the opportunity of getting away from the dreadfully harmful habit so prevalent nowadays of smoking the eternal tobacco cigarette. During a long period of medical experience — no less, indeed, than fifty years—I have seen innumerable cases of shattered nerves and other ills brought about by the excessive indulgence in the ordinary cigarette. I have no hesitation, however, in saying that we may now enjoy a little smoke (of your make) at all times, knowing that such will be without any harm attached to it. I have tried both forms of your excellent Cigarettes, and can truthfully say they are pleasant to smoke and quite harmless.

My most hearty congratulations on the elegant way in which you have turned out the product. Besides being pleasant as an ordinary smoke, I should say that they would be extremely useful in soothing the chest in cases of bronchitis, asthma, etc. I shall always have pleasure in referring to them as "safety first" cigarettes, in my Health Lectures and among those patients of mine who ought to give up tobacco smoking.

J. STENSON HOOKER, M.D.

VITAMINS.

In our previous editions of the Book of Herbs, we gave an outline of the elementary knowledge of Vitamins, with which most people are now conversant. We must now add that since this outline was written, investigation of this matter has still further advanced knowledge on the subject, and despite the fact that a certain small section of the medical profession has tried to belittle the importance of it, scientists generally are following the matter up with great interest. The Vitamins have now been classified, and the most important and necessary one is the B. Vitamin, which is abundant in vegetation. The connection between "lack of these active assimilative agents" and "certain diseases," has been scientifically established; and the writer has a strong belief that, at some future time, this deficiency will be found to have had an influence, smaller or greater, in the abnormal increase in some of the terrible diseases which are at present devastating mankind.

Here is a fact bearing on this point. A certain Indian tribe had for its food very little else but rice. The rice was polished, and they had a plentiful supply of it; yet in spite of this the tribe was sickly, and year by year disease in various forms took its toll. Among them Beri-beri became rampant, and when it seemed as though the tribe were likely to die out, an English up-to-date doctor discovered the cause in the food. Vitaminous food was provided, and in a marvellously short time the people became strong and well, and the diseases ceased their havoc.

In the latest report issued by the Health Ministry, it has been found that yeast is one of the most prolific sources of Vitamins. The microscopic plant, of which yeast is composed, is teeming with these elusive principles. Those who refer to page 60 in our list will see that we have prepared tablets based on this information, and they will be found to be of inestimable value to those suffering from any complaints which are the outcome of malnutrition.

Another discovery with regard to Vitamins is that they are the resultants of direct exposure to the shining sun. If two plants of the same species are cultivated, one in the shade and the other in the sun, the latter would far exceed the former in its abundance of Vitamins; indeed, the plant grown in the shade would be almost devoid of them. It has also been proved that a cow kept indoors produces milk which for vitaminous properties is not comparable to that produced by a cow grazing in the open pasture.

This points out that Vitamins are the direct outcome of sunshine, and proves in an added direction its value as a necessary adjunct to good health.

SKIN DISEASES.

For upwards of 2,000 years, scientists in all parts of the world have been seeking a cure for Leprosy, which, of course, we all know is one of the most dreadful and repulsive diseases of mankind. Until recently the research has been in vain, but we are glad to see from reports in various newspapers and scientific journals that a cure has at last been found. It has been definitely proved that oil extracted from the seed of a North Indian plant (*Hydnocarpus Odoratus*) is a cure for the dreadful disease, and it is confidently expected by those who have the matter in hand that in ten years from now, Leprosy will be a thing of the past. It is gratifying to us, considering the claims that we have made for the curative properties of Herbs, to find that the cure of this terrible disease has at last been found in the vegetable kingdom.

Jas Ryder.

TESTIMONIAL.

Your Blood Purifying Pills are wonderful. I have derived great benefit from them after having skin trouble for six years. I highly recommend them to anyone suffering from skin and blood trouble of any kind.—E.M.G.—3804.

70. HEATH & HEATHER'S
POT POURRI.

We claim that this is the most exquisite POT POURRI in existence.

POT POURRI is not used so much as it should be. In the middle ages it was to be found in all good homes, and its health-giving fragrance added greatly to the joy and happiness of the family. It is usually placed in an open china bowl in the drawing-room.

THERE ARE MANY RECIPES for its preparation. In the old days these were regarded as inviolable secrets, and were handed down from mother to daughter as most valuable heirlooms.

OUR RECIPE was invented by an **ELIZABETHAN LADY**, and for upwards of two centuries was the envy and desire of the family friends.

Of all the recipes handed down from those early days, this is reputed to be "**THE POT POURRI PAR EXCELLENCE**," but, in reply to many enquiries, we are sorry that we cannot disclose the secrets of its composition.

In it has been discovered the secret of blending many contrasting odours into one harmonious fragrance of delightfully fascinating character.

WE ARE CERTAIN that when the Pot Pourri becomes widely known, it will again be the fashion to stand it in the drawing-room that passers-by may turn it over with their hand and liberate its delicate fragrances.

One of our patrons describes it as the finest Pot Pourri in the world.

A little of this Pot Pourri in a silken sachet is a delightful and acceptable present to a lady friend. Small sachets should be placed in the drawers of every dressing table.

Price per package 2/6 ; *two for* 4/6 ; *three for* 6/6, *post free.*

TESTIMONIAL.

You will probably be pleased to know that the treatment you prescribed for my father's high blood pressure has had a good effect on his condition. Our doctor speaks well of your Herb medicine, and advises father to continue with it.—N.W.—3142.

71. H. & H. POT POURRI SOAP.

The idea of making this soap originated from a suggestion which was made to us by one of our most esteemed customers. In one of her letters to us she said, "I wish I could get a soap with the scent of your Pot Pourri." We at once set our experts to work on the matter, and after months of experiment in our laboratories have devised what we believe to be the most exquisite soap in existence. It has all the delicacy of aroma that is to be found in our Pot Pourri. The essential oils of all the flowers used in this confection are added in their right proportions to this, the best of all soaps; and give it that subtle entrancing odour which has made our Pot Pourri so much esteemed. Only the purest of health-giving materials are used in its manufacture, and while the soap is lasting in quality, it is not only non-injurious but actually gives an added beauty to the complexion. There is not the slightest trace of alkali in it. Only vegetable oils and fats are included in its composition, and it is a soap which should find a place in every well-ordered bathroom in the country. Packed in dainty wrappers, three tablets in a florally decorated box, it makes an acceptable and much appreciated present for a lady friend.

Three Tablets in a box, 3/3, *post free.*

72. H. & H. POT POURRI SCENT.

This most delightful perfume has been compounded for us in the laboratories of one of the most famous perfumery firms in the world. They have used the essential oils of the flowers which form the basis of our Pot Pourri, and after long experiment have produced one of the most fascinating scents in existence. It enables one to carry about with them the grateful odours of the favourite scented flowers of mediæval times, which in combination have rendered our Pot Pourri the undoubted premier over its rivals. The scent is long lasting; in fact, considering its superiority over many more highly priced perfumes, in this respect it is one of the cheapest of the reputable perfumes on the market to-day.

We regard our three Pot Pourri products as among those that can only help to raise still higher the great reputation of this firm.

The bottle of Pot Pourri scent will undoubtedly be the most delightful present for a lady friend, and we anticipate a large demand.

Per bottle 3/6 *Larger bottles* 7/-, *post free.*

73. H. & H. POT POURRI BATH CRYSTALS.

Having the delightful odour of our Pot Pourri.

Per tin,* 1/9 *Double size* 3/-, *post free.

74. H. & H. POT POURRI SHAMPOO.

We have often been asked for a Herbal Shampoo in liquid form, and we have at last succeeded in obtaining one which is in all respects satisfactory. It is entirely herbal in its composition, and is delicately scented with our Pot Pourri. It lathers very freely, and thoroughly cleanses the head of scurf, dandruff, and other extraneous matters. Unlike many shampoos, far from rendering the hair brittle and easily broken, it leaves it beautifully soft and silky in texture. We are quite sure that those ladies who take a pride in their hair, and who wish that it should have the best possible appearance, will find in this Pot Pourri Shampoo just what they require for an admirable, safe and easy dressing. Gentlemen, also, who wish to keep their hair healthy and strong, will be well advised to use this Shampoo.

Price per bottle 2/-, post free.

77. H. & H. POT POURRI SMELLING SALTS.

We have been occasionally asked for smelling salts which have our Pot Pourri scent. We are now having these manufactured for us, and are able to supply them in attractive bottles.

Price per bottle 1/3, post free.

78. H. & H. POT POURRI SOLIDIFIED BRILLIANTINE.

This is a Solidified Coconut Oil Brilliantine, having the fragrance of our Pot Pourri. It is an excellent hair dressing, which penetrates readily to the roots, invigorates the growth, and should be kept on the dressing-table permanently.

Per box 1/3, post free.

H. & H. CACHOUS—Of fine fragrance.

90 Lily of the Valley
91 English Rose
92 Opoponax
94 Heliotrope
95 Parma Violet
96 Lavender
97 Mixed

Price per large package 6d., post free.

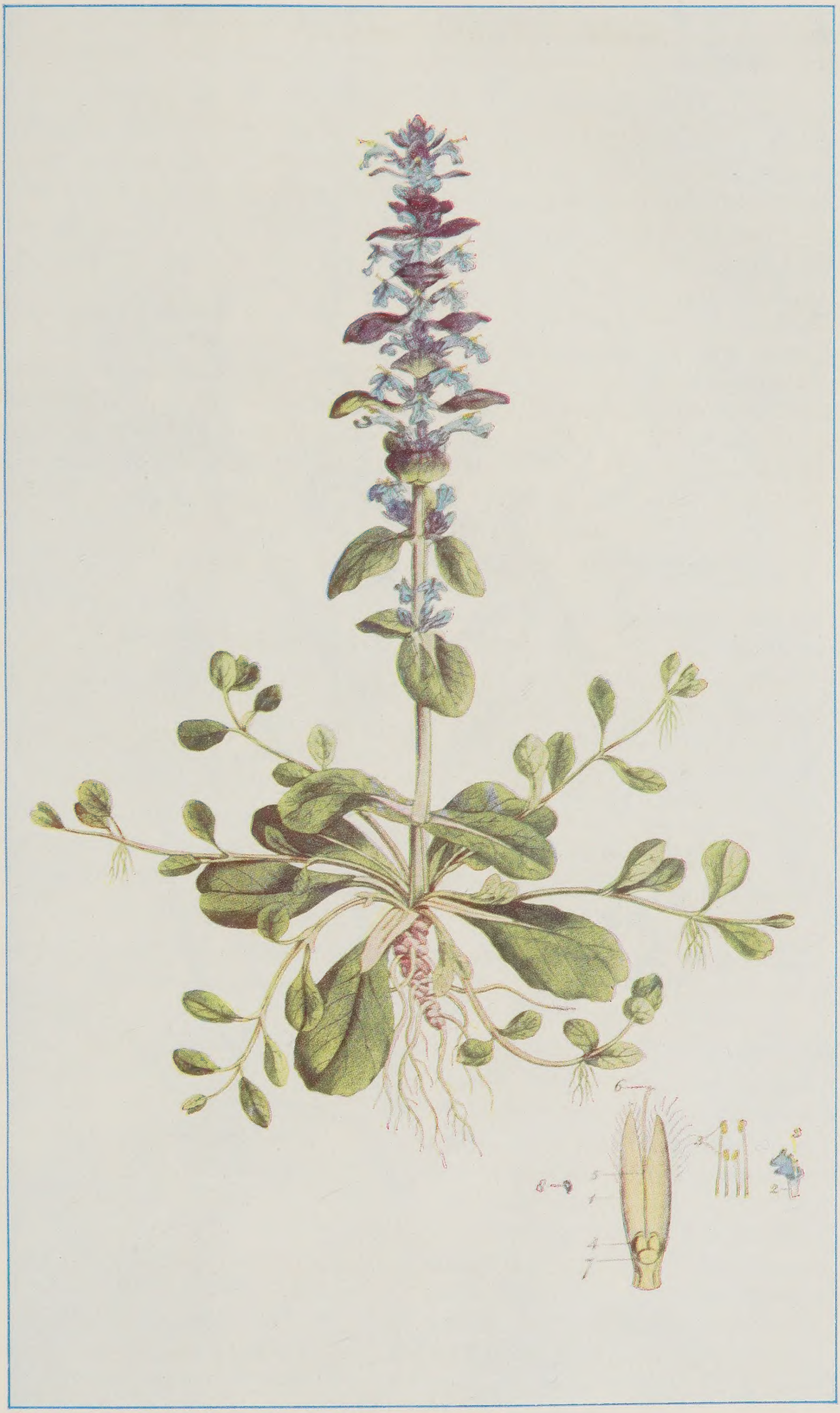
H. & H. CARESSA FACE POWDER.

A necessary adjunct to the toilet.

100 White
101 Pink
102 Natural
103 Cream
104 Rachel

Made by one of the most famous French firms.

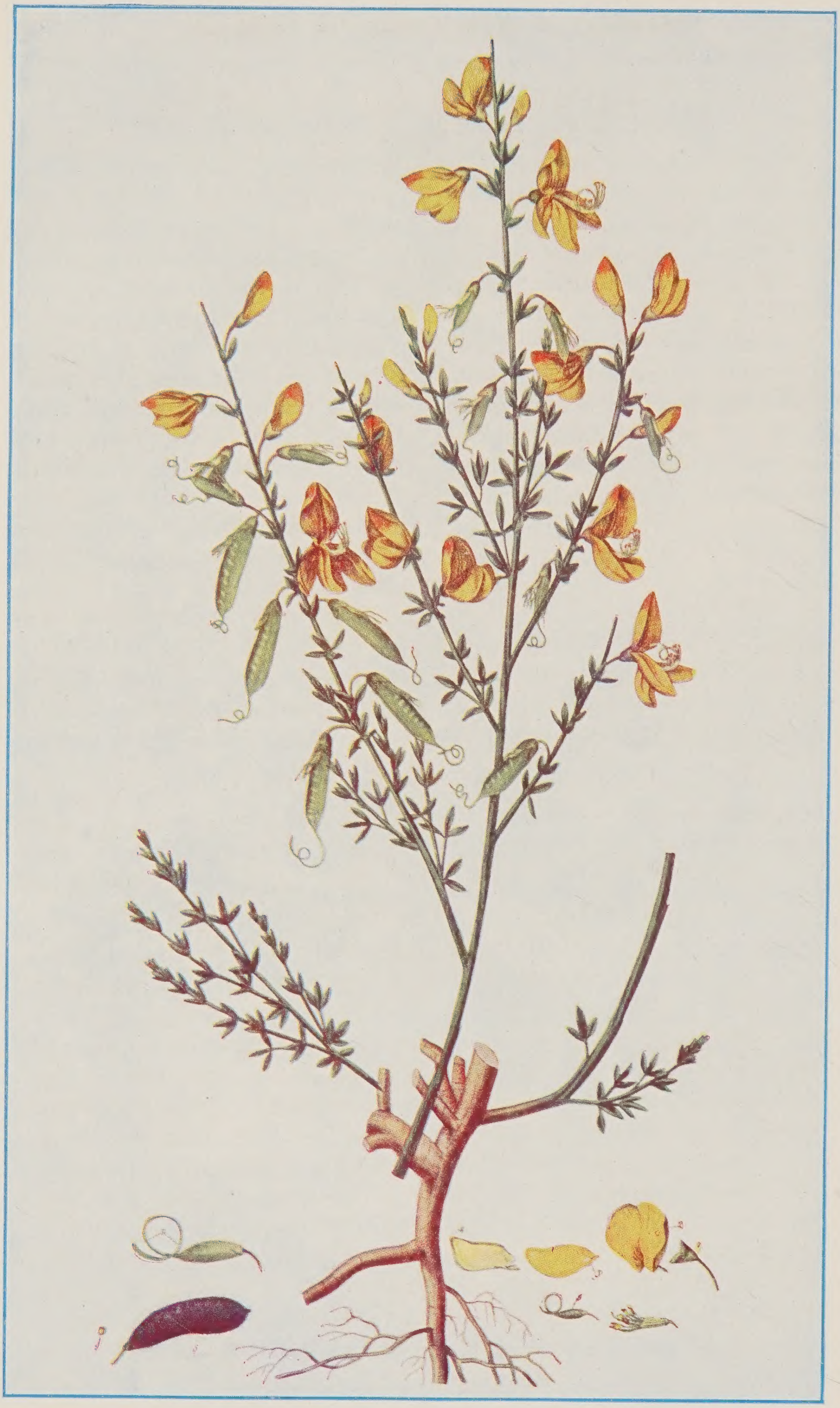
Price per box 1/6; double size 2/6, post free.



COMMON BUGLE

Ajuga reptans

Reproduced from *Flora Londinensis* by William Curtis, published 1790.



BROOM

Cytisus scoparius

Reproduced from *Flora Londinensis*, by William Curtis, published 1790.

105. H. & H. HERBAL TOOTH WASH.

This is a delicately perfumed wash, intended for use in place of the unhealthy and often injurious tooth powders which, in some cases, do a great deal of harm in breaking up the outer coating of the teeth and causing premature decay, instead of maintaining their health and beauty. This wash is composed of the essences of Thyme, Peppermint, Eucalyptus, and several other Herbs which are best calculated to promote dental health. It will be found to be a very useful accessory to the toilet, thoroughly cleansing and whitening the teeth and perfuming the mouth. It does its work quickly and well, and should be on the toilet table of every lady who desires to maintain her teeth in a clean and healthy condition.

In sprinkler bottles, price 1/6, *post free.*

105a. H. & H. FOOT DUSTING POWDER.

We have often been asked for a preparation which would be useful to those who suffer from perspiring feet. We have always been unable to formulate any herbal wash which would effectually deal with the matter, considering that the remedy should be in the nature of internal medicine if Herbs are used. This preparation is not herbal. It is antiseptic, and at the same time that it dries the feet, it acts as a deodorant, and very greatly adds to the comfort of those who are afflicted in this way. We are sure all who are seeking a remedy of this description, and they are far more than most people suppose, will find every satisfaction in using this powder every morning.

Price per package 1/-, *post free.*

106. H. & H. CORN CURE.

We have frequently been asked by our patrons for a cure for corns, and after careful investigation, we have found one which we feel we can confidently recommend to those who suffer with corns or other similar affections of the feet. It is in the form of an ointment, and if used for three or four nights in succession, just rubbing a little on each corn and protecting it from being rubbed off during the night by wearing either a linen or similar bandage, the corns will ultimately be cured. We have received from those who have already had this ointment very good reports as to its efficacy, and we recommend all afflicted in this way to try it. It is also useful for warts, and has been found in all cases, where it has been tried, to be effective in their removal. We believe it is the best of all corn cures on the market, and we recommend it with every confidence. It is entirely herbal in its composition. The oils used are vegetable oils, and the extracts are all herbal.

Per box* 1/3, *post free.

107. H. & H. SLIPPERY ELM FOOD.

The Best of all Foods for Infants and Invalids.

This remarkable food has been described by experts as the most nourishing in the world, and its great nutrient qualities are secondary only to its great value as a remedial agent. It is common knowledge that from Slippery Elm Bark is made the best purifying and healing poultice known to medical science; and this quality renders it of inestimable value as a food in cases of Gastritis, Colitis, Ulcerated Stomach, and all allied complaints, as it has a healing and curative effect on the inflamed membranes. When this food is used and our Blood Medicine taken at the same time, complaints of this kind disappear more speedily than by any other treatment. Patent foods generally, especially those which have their basis in milk, are found to be deficient in Vitamins, owing to the methods of preparation; and those who have placed them on the market in some cases find it necessary to recommend the use of other mediums to supply the deficiency. Unlike these, Slippery Elm Food retains all the virtues necessary to render the nutrient in the food easily assimilated, and it invariably builds up a strong and healthy body. We are quite convinced that those suffering from indigestion could speedily get rid of their complaint by using this food alone, if they would use it systematically. It is easily assimilated and never has the slightest ill-effect on the weakest digestion.

Not only is this food beneficial to adults, but it is an admirable food for infants; and we know of innumerable instances where young and weakly infants have had perfect health and vigour restored to them by its use. Many foods recommended for infants are, from a strengthening point of view, worth very little. In the process of manufacture, their vitamic properties have been destroyed, and many of them fatten and in no way build up the tissues and bones of the body. Slippery Elm Food is marvellously vitamic. It builds up bone and muscle, and is not unduly fattening. It makes the children virile and strong, and is just the food with which to supplement the mother's supply when the child does not appear to thrive. The infants like it and consume it readily, and it very speedily establishes robust health in those who have formerly been weak and ailing. It has eradicated rickets and wasting diseases, and we are quite sure there is no food more suited for assimilation by young children. It can be given with perfect safety to infants of the most tender age.

Per ½-lb. 1/3; *per* 1*lb.* 2/5, *post free.*

(*See plate facing page* 64.)

A New and Important Introduction.

107a. H. & H. SELMO BISCUITS.

Containing all the Constituents of Heath & Heather's Slippery Elm Food.

It has long been recognised that Slippery Elm Food is one of the best nutrients known, and that it has other qualities quite as exceptional as its strength-promoting virtues. For a long period we have been experimenting in the direction of reducing this to a more convenient form for ready use, and the result of our investigation is now placed before our customers in the form of the Selmo Biscuit. We believe that in placing this before the public we are doing one more service to humanity which cannot but have a great and wonderful effect in improving the health of all those who use it.

In order to emphasise the importance of this introduction, we wish to lay stress on the following points, which will bring to the minds of readers generally the advantages of using one of the most noteworthy introductions that has ever been made in the biscuit world.

(1) Selmo Biscuits are crisp, delicious in taste, and will be enjoyed by all, both old and young.

(2) A little warm water poured over one will make an appetising meal of the highest nutritive value for the baby.

(3) They are invaluable as lunch biscuits for growing children, improving their health and strength.

(4) Adults may eat one or two after lunch or dinner, and will find them of the greatest use as a digestive.

(5) Those suffering from any inflammatory digestive complaint should eat them plentifully, indeed, were one suffering from ulcerated stomach, to feed almost entirely on these biscuits—no great hardship when their tastefulness is considered—a cure would undoubtedly result.

(6) A pleasant and delightful way of dealing with Gastritis, Colitis, Ulcerated Stomach, and other similar complaints, is not a small thing by any means.

(7) The biscuits have an advantage over liquid forms of food in that they require, and must have, mastication. This should be the first digestive operation in the consumption of all foods and, we are afraid, is carelessly neglected when food is taken in a liquid form. Mastication induces a flow of saliva which is necessary for thorough digestion. Many digestive complaints have their origin in a neglect of this important process. Food in liquid form should always be rolled about in the mouth a little while before swallowing. With the biscuits, mastication is unavoidable, and thus the maximum of benefit is got from this form of food.

Price per package 2/6 and 5/-, post free.

108. H. & H. YEASTABLETS.

Investigations by the Vitamin Department of the Ministry of Health have resulted in the discovery that the yeast plant is the most prolific in the varieties of vitamins necessary to human health.

A most convincing report by those devoting their whole time to the study of these active and necessary adjuncts to foods, has been issued; and the conclusion arrived at can only be that many of the ailments of mankind are due to malnutrition owing to the paucity of vitamins, and that the best counter to this impoverishment is the taking of yeast in some form or other.

It cannot, of course, be expected that one would eat a lump of German, or drink a spoonful of brewers', yeast. Either would be decidedly unpleasant. We have, therefore, prepared tablets of yeast, which we call "Yeastablets," which are not unpleasant to take, and yet quite as effective in results as the raw yeast would be.

These tablets will be found of benefit in all those innumerable depressing complaints which arise from malnutrition, a far more common root-cause of disease than most people imagine. They act directly on the food, giving it just the principles which make it ready for transformation into physical and mental vigour.

The tablets will indeed be found to be of the greatest use to those who are debilitated, either physically or mentally, through long existing complaints.

Price per box 1/3 *and* 3/-, *post free.*

H. & H. FLORAL PERFUMES.

We have great pleasure in offering to our patrons the following perfumes which are manufactured for us by an English firm. They are far superior to French scents, and we believe are the best obtainable.

P1 ARIZONA POPPY
P2 CARNATION
P3 CRAB APPLE
P4 EAU-DE-COLOGNE
P5 HAWTHORN
P6 HELIOTROPE
P7 HYACINTH
P8 LAVENDER WATER
P9 JASMINE
P10 JOCKEY CLUB
P11 LILAC
P12 LILY OF THE VALLEY
P13 MIGNONETTE
P14 NIGHT SCENTED STOCK
P15 ORCHID
P16 PARMA VIOLET
P17 PERSIANA
P18 SWEET PEA
P19 WALLFLOWER

Price 3/6 *and* 7/- *per bottle, post free.*
Sample Bottles 9d. *each, post free.*

72 POT POURRI (see page 55).

EAU-DE-COLOGNE, in wickered bottles.

86 *Per reputed ½-pint* 11/- 87 *Per reputed pint* 18/6, *post free.*

109. H. & H. TABLETS.

Help for the Drug, Drink or Tobacco Victim.

On very many occasions we have received applications from those afflicted with the drink or drug habit, or from their friends, for help, and we have untiringly carried out an investigation. After years spent with intemperance and other evils in the slums of London, the writer cannot but feel anxious to render every help in his power. We do not believe that it is possible to remedy these evils without the knowledge of the victim, but rather that co-operation between the victim and the cure is necessary.

We have yet to meet with a victim of drink, for instance, who wishes to remain so. All these poor sufferers have a desire to overcome their habits; but, unfortunately, the drug, the alcohol, or the nicotine undermines the will power to such an extent that the efforts to throw off the harmful tendency lack the sustained power. Consequently the pitiably weak attempts to discard the evil end in failure, and year after year the victim carries the burden which must end in his destruction physically, morally and spiritually.

We have formulated a tablet which will, if properly and regularly used, be a certain help and probable cure for those so afflicted.

Unlike many so-called cures for this purpose, this is built up on sound scientific lines, and meets every phase of this trouble.

(1) The tablets are entirely herbal and cannot do harm, however many are used.
(2) They create a distaste for the evil agents.
(3) They have a beneficial and curative effect on the stomach and kidneys, these being generally disordered in every case.
(4) They contain a powerful tonic which builds up the debilitated nervous system, and ultimately gives the will power so necessary in putting up a strong fight against these evils.

It is our firm belief that those who suffer in this way are the victims of a disease engendered by the drug to which they are addicted, and the best remedial process they can adopt is by the medium of these tablets. Whenever the craving incidental to these cases seizes one, a tablet taken will at once remove it; and in course of time the victim will find himself, or herself, able to lead a happy and contented life.

Per box 5/-, *post free.*

NOTE. — Those who suffer from the above afflictions are naturally sensitive. We, therefore, pack these tablets in boxes which fit the waistcoat pocket, and there is no indication whatever as to their intended remedial effects.

H. & H. HERBAL PILLS.

Many people—young men in lodgings, and commercial travellers, for instance, are so circumstanced that they cannot conveniently prepare Herbal Medicines. So we have prepared pills which contain concentrated extracts of each Herb in our different remedies. The pills are pearl-coated, tasteless, and will be found superior to most of the pills largely advertised, as they contain no harmful drugs and no minerals whatever. They are entirely herbal, and are marvellously effective in the treatment of complaints associated with their name. We would especially draw attention to the Health Pill, which is a great blessing to business people who use it. The business man who takes one of these pills before breakfast, after dinner and on retiring, will find himself keen in his business transactions, and will end a most arduous day fit and well, and never experience that tired-out feeling.

In these pills we are as near as possible to the medicine prepared in the ordinary way from our Herbs, and those who cannot follow the ordinary course should use them as an alternative.

110. H. & H. HEALTH PILL.

This is an every-morning pill which those with nothing particularly wrong with them should take regularly to guard against all illnesses and keep themselves in tone. An ideal pill for the busy commercial man, and indeed for all whose work is of an arduous mental or physical kind. It will help them to carry out their daily labours without weariness, and will keep them fresh.

Per box of 50, 1/3 *Per box of* 150, 3/-

111. H. & H. INDIGESTION PILL.

Our customers who use these admirable pills regularly after meals speak in the highest terms of them. Nothing tends to rob life of its brightness so much as the constant pain which too often attends this affliction, and this, unfortunately, is not the worst aspect of the complaint. Indigestion reacts in so many adverse ways on the other organs of the body, that it is quite correct to say that nine-tenths of its derangements are due to this cause. These pills speedily set matters right, and it is wise to keep a box always at hand for use in a sudden attack.

Per box of 50, 1/3 *Per box of* 150, 3/-

112. H. & H. CONSTIPATION PILL.

A valuable pill. Sufferers should read our remarks on this subject on page 47. By adopting the plan we there recommend they can, with the assistance of these pills, and by exercising perseverance on their own part, remedy a complaint which may result in life-long discomfort and ultimate disaster.

Per box of 50, 1/3 *Per box of* 150, 3/-

113. H. & H. PILE PILL.

This complaint causes so much discomfort that our friends who suffer will be glad to hear of a pill which has proved remarkably successful in its cure. If these pills are taken regularly and our ointment used every night, the worst cases are ultimately cured. While taking the pills, the afflicted one must be very careful to avoid any chill to the lower extremities or to the part affected. A supply should be always at hand to deal promptly with any return, as this complaint is always more responsive to the treatment if caught in its early stages. See also No. 321 (referring to Pilewort and Witch Hazel suppositories).

Per box of 50, 1/3 *Per box of* 150, 3/-

116. H. & H. STOMACH & LIVER PILL.

We regard this as one of the most valuable remedies and of such great value as a general corrective pill, as to be far superior to most of the patent pills so largely advertised. It is not only mildly aperient but also remedial. In addition to rectifying derangements of the liver and digestive organs generally, it has a beneficial effect on the kidneys, and tones up the system. ''One every night on retiring'' is a health habit to be commended with these pills, and the man is indeed wise who keeps the box constantly in the house as a safeguard against disease.

Per box of 50, 1/3 *Per box of* 150, 3/-

117. H. & H. LIVER PILL.

Immediately the liver is found to be at all out of order, it is imperative to adopt remedial measures at once. The influence of this organ on the bodily health is so great, and the derangement thereof may so rapidly develop into dangerous complaints, such as Jaundice, Black Jaundice, Cirrhosis, etc., that constant care should be exercised over its healthy working. One knows the wretchedness and the physical demoralisation caused by even a slight bilious attack. This is Nature calling out for the remedy. These pills taken as directed will soon rectify matters, and those who are subject to such attacks are advised to keep a box by them.

Per box of 50, 1/3 *Per box of* 150, 3/-

118. H. & H. NERVE PILL.

A most useful pill for the treatment of those suffering from Neurasthenia. Many of those who went through the war, and those who had silently to endure its horrors at home, have suffered in a greater or lesser degree from this complaint. These pills have been a blessing to many so afflicted; and, especially when used in conjunction with the Tonic Pills (No. 124), they invariably bring about an immediate improvement.

Per box of 50, 1/3 *Per box of* 150, 3/-

119. H. & H. NEURAL PILL.

There is nothing better for the relief of Toothache, Neuralgia, and other acute nerve pains than these pills. A supply should be kept at hand ready for use. They are invaluable when the agonizing pains of Neuritis or Sciatica occur, and if administered at once will speedily relieve the pain. We assure our friends they are invaluable. A speedy remedy for Nervous Headache and an immediate alleviation of Toothache.

Per box of 50, 1/3 *Per box of* 150, 3/-

120. H. & H. BACKACHE & KIDNEY PILL.

Being entirely herbal, these pills are superior to those, which contain minerals, largely used for these complaints. They are composed of those herbs which are known to have a healing effect, not only on the kidneys, but also on the urinary organs generally. They have overcome severe attacks of gravel, and may be relied upon to deal effectively with every complaint of this description. When persons are afflicted with Rheumatism, it is wise to take not only the pills for that complaint (No. 123), but one or two Kidney Pills each night.

Per box of 50, 1/3 *Per box of* 150, 3/-

122. H. & H. SCIATICA PILL.

Sciatica and Neuritis are the most persistent of all the complaints, having their origin in uric acid. Medical scientists have come to the conclusion that the excruciating pain accompanying them is caused by crystals of acid working their way under the sheath of the nerve and coming into direct contact with the naked nerve. They are invariably difficult to cure, and the patient must exercise much patience before the complaint is remedied. These pills have the quality of soothing the nerve and are a certain cure if perseverance is exercised.

Per box of 50, 1/3 *Per box of* 150, 3/-

123. H. & H. RHEUMATISM & GOUT PILL.

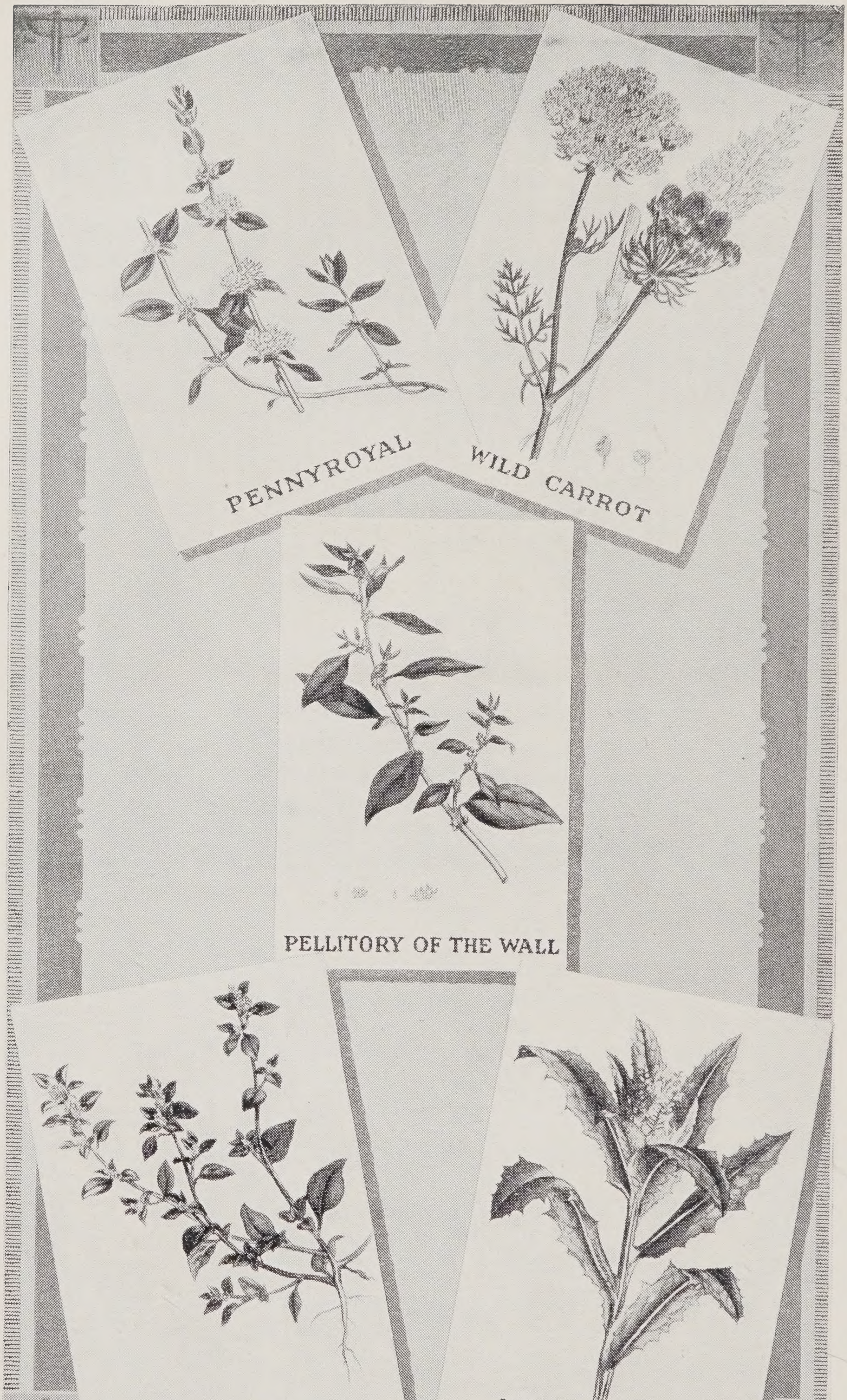
Herbal Pills of all kinds are far superior as permanent cures to those of mineral origin, and in none is this better proved than by the Rheumatism Pill here offered. Rheumatism is one of the most persistent of complaints, and it usually takes at least three months to cure. Many who have written to us have told of the number of remedies they have tried without the slightest effect. Here is a pill which, with a fair trial, will cure any case of this kind, and the cure will be much expedited if at the same time one or two Kidney Pills (No. 120) are taken every night, while taking the Rheumatism Pill after each meal. The origin of all Rheumatism is derangement of the kidneys, and it is of little use curing the complaint if its cause is not removed.

Per box of 50, 1/3 *Per box of* 150, 3/-

This baby only weighed 3 lbs. when born, and doctors gave up hope of rearing it, but was fed on Slippery Elm Food from the first, and is now a fine, healthy child, as you can see by photo.

(2 years of age)

For particulars of Slippery Elm Food, see page 58.


PENNYROYAL
WILD CARROT
PELLITORY OF THE WALL
ARRACH
HOLY THISTLE

Reproduced from *Medical Botany*, by William Woodville, M.D., published 1794

124. H. & H. TONIC PILL.

All those who are engaged in a strenuous life, especially those of the professional and business classes, whose work is mainly mental, find at times that their nervous energy is somewhat low, and that they are not able to carry out their duties with their usual pleasurable confidence. To all such this pill is a boon, for it quickly and permanently revitalises the nervous system. They are a boon also to those convalescent after a long and weakening illness. Influenza, for instance, often leaves behind it physical weaknesses which have serious results afterwards. If these pills are taken after meals, following an attack of Influenza, there is a quick recovery of strength and all danger of subsequent complications is obviated.

Per box of 50, 1/3 *Per box of* 150, 3/-

125. H. & H. ANÆMIA PILL.

To the medical faculty no specific is known that has a greater effect in producing action which results in the enrichment of the blood than have the herbs of which these pills are composed. In Anæmia there is a deficiency of red corpuscles, and this deficiency can only be made up by a fresh supply of these active bodies being produced by the development of the white corpuscles. The herbs in this packet act through the digestive organs. They stimulate these so that there is a better assimilation of the food, and a rich and life-giving stream is poured into the blood vessels. The corpuscles of both kinds are strengthened and invigorated, and the pale and anæmic soon exhibit the healthy glow of robust health. It is a general belief that Anæmia is a purely female complaint. It is common also among males, and needless to say, should be dealt with early, if disastrous consequences are to be avoided.

Per box of 50, 1/3 *Per box of* 150, 3/-

128. H. & H. BLOOD PURIFYING PILL.

The importance of pure blood has been emphasised by health specialists of all ages. "For the blood is the life" is a saying of ancient days. The signs of impure blood are unmistakable, and are always plainly visible to the observant eye. The pimply and blotchy face, the boil, the carbuncle, and various other eruptive states of the skin, tell us that the blood is not only impure but that it is trying to cast out its impurities. At this time the life fluid wants a little assistance, just an extra push to clear out the enemy finally, and the best ally it can possibly have in its arduous endeavour is found in these herbal pills. When they are first used there is an increase in the eruptions, which is only to be expected, but soon the skin is quite clear. They are very useful in treating Eczema, Psoriasis, and similar skin diseases.

Per box of 50, 1/3 *Per box of* 150, 3/-

129. H. & H. CHEST PILL.

Those who suffer from Asthma and Bronchitis, or who easily catch chest colds, should take these systematically before and during the Winter. "A stitch in time saves nine" was never more applicable, for the pills strengthen the chest and lungs, and give them the power to destroy the germs which cause these complaints, as soon as they appear. Strong lungs present an impregnable defence against these diseases.

Per box of 50, 1/3 *Per box of* 150, 3/-

130. H. & H. COUGH PILL.

These pills are not recommended for children. It is far better to give them the Cough Herbs (No. 21) which are pleasant to take, liked by the children, more effective in their case, and relieve a bad cough immediately. For adults, however, who have coughs of long standing, these pills will be found remarkably effective. One or two taken after each meal relieve the cough and give a pleasant recuperative sleep. They have cured coughs which the owners had regarded as chronic, and we know of nothing remedially better than these pills.

Per box of 50, 1/3 *Per box of* 150, 3/-

131. H. & H. INFLUENZA PILL.

If at the commencement of an attack of Influenza, one or two of these pills are taken and the patient goes to bed, all danger will soon be over, and in two or three days there will be a recovery. It is wise to keep a box in the house, and at the least sign of a cold adopt the method mentioned. They form a genuine one-night cold cure if only they are taken at once. After the Influenza has been driven out, the sufferer should take a course of Tonic Herbs (No. 15) or Tonic Pills (No. 124). Either of these will speedily eliminate all danger of after consequences.

NOTE.—Read our remarks on Mus-Gar Ointment (No. 156) and its effects on coughs.

Per box of 50, 1/3 *Per box of* 150, 3/-

134. H. & H. DIABETES PILL.

This serious complaint can be successfully dealt with at the commencement of the attack. After that it becomes more difficult, and if allowed to obtain a firm hold on the system, remains in a greater or lesser degree during life. The pills are the best cure we know of, and are made up of the same herbs composing our herbal remedy. We also send a system of diet which the sufferer must rigidly adhere to, this being necessary to the remedial efficacy of the pills. In the worst cases these pills greatly alleviate. Read our remarks on Insulin (page 32).

Per box of 40, 1/3 *Per box of* 120, 3/-

135. H. & H. INSOMNIA PILL.

Nothing can more quickly sap vitality and reduce its poor victim to a state of such deplorable wretchedness that he thinks life is not worth living, than Insomnia. Some fly to the chemist and take sleeping draughts till these lose their power, leaving the sufferer very often a confirmed and pitiable drug victim. Our pills are entirely free from harmful drugs. Their principal constituent is the Lady's Slipper Orchid, and they act as an emollient and soother of the tired nerves. They help towards a peaceful restful slumber, and can be taken without any apprehension.

Per box of 30, 1/3 *Per box of* 90, 3/-

136. H. & H. CORDOVA PILL.

These are now well known as safe and gradual reducers of unhealthy flesh. Unlike many of the specifics advertised for this purpose, they are absolutely harmless. They are neither of drastic purging character nor have they the slightest effects on the heart. They do not reduce rapidly, as it would leave an ugly and baggy skin. Their work is done by the production of energy. The pills are a powerful tonic, and those who take them find they have a feeling of lightness. Their obesity becomes unburdensome, and the increased activity results in a reduction of weight. This is a far more healthy way than taking drastic purgatives which weaken the system and do more harm than good.

Per box of 50, 1/3 *Per box of* 150, 3/-

137. H. & H. PILL FOR THIN PEOPLE.

It has astonished us to hear the very satisfactory results which have arisen from using these very effective pills. In most cases the weight is at once increased, and at the same time there is an improvement in general health. We advise those commencing to take them to make a note of their weight and to re-weigh at the end of a week. In nearly every case there will be a gratifying increase. They tone up the digestive system and enrich the blood, producing increased weight and strength.

Per box of 30, 1/3 *Per box of* 90, 3/-

140. H. & H. BLOOD PRESSURE PILL.

Blood pressure is far more common than most people imagine, and owing to its seriousness should be at once attended to. These pills relieve the pressure, but it is necessary for the sufferer to adopt a system of diet which is outlined with each box. Some articles of diet increase the blood, and aggravate the complaint. These articles, therefore, must be avoided. The pills cause a steady even action of the heart and a calm steady flow of the blood, and are the most efficacious remedy for this condition.

Per box of 40, 1/3 *Per box of* 120, 3/-

141. H. & H. GOITRE PILL.

This somewhat common enlargement of the thyroid gland, if dealt with at the first sign of thickening of the neck, can generally be cured by these Pills and Sassafras Oil, if used together as directed in our remarks on "Herbs for Goitre" (page 23).

Price per box of 50, 1/3 *Per box of* 150, 3/-

141a. H. & H. PILLS FOR FITS.

Our Herbs for Fits have been very successfully used in dealing with this unpleasant malady, and many whose health suffered in this direction have thankfully acknowledged improvement or complete cure by the use of the Herbs. We have now prepared Pills of the same constituents, and they will be found to be equally successful.

Price per box of 50, 1/3 *Per box of* 150, 3/-

URIC ACID.

This acid is developed in the blood during the process of the wasting of tissue which is always taking place in a healthy body. Nature has provided a means for its removal, and when the kidneys are actively working it is eliminated nearly as quickly as it is formed, but when these important organs are deranged and their activity ceases, the Uric Acid remains in the blood and causes numerous and agonizing complaints. There is too much of it for the blood serum to keep in a liquid state, and so it becomes crystal in form, the crystals having sharp, jagged points and edges. These collect in the joints, even under the nerve coverings, in the head, and in many parts of the body, causing Rheumatism, Gout, Sciatica, Neuralgia, and many other excruciating complaints. But whenever these complaints occur, the warning has been given beforehand and neglected. When a man finds that his back aches after stooping or after a little digging he has his warning if he will only take it. The backache is the danger flag of the kidneys and it tells unmistakably that these organs cannot do their work and that they need a restorative.

Jas Ryder

H. & H. HERBAL OINTMENTS.

A Selection of the most Effective and Hygienic Ointments.

142. ECZEMA OINTMENT.

This most persistent and irritating complaint is speedily and effectively reduced, and ultimately cured by the application of this Herbal Ointment, which first destroys the germs causing the disease and afterwards heals and restores to perfect health the injured skin and tissues. Sufferers can rely upon an absolute cure in a reasonably short time if they, at the same time, use Blood Purifying Herbs or Pills.

143. ANTISEPTIC OINTMENT.

Open wounds and sores are dangerous in that they open the way to the entrance of many dangerous microbes to the blood. The Tetanus germ, so prevalent in the garden soil in many parts of our country, has often found its way through a minute cut or abrasion. Septic germs also have in the same way found admission and set up serious, often, alas, fatal attacks of blood poisoning. A slight wound or open sore should be kept anointed with this ointment, which is a proved germ-killer and a true safeguard against all complications of this description.

144. PILE OINTMENT.

This Herbal Ointment is the best alleviant we know for the pain and irritation attending piles. It is very widely used and with remarkable results. Many of our customers keep a box permanently with them and use it on the slightest sign of irritability, with great success. It soothes the pain and, acting as an astringent, speedily accomplishes the reduction of the anal veins, the distension of which is the cause of the trouble. All sufferers from this complaint should use this ointment if only for their own ease and comfort.

145. DISCUTIENT OINTMENT.

An invaluable Ointment for the treatment of swellings under the skin. There are many cases where sub-cutaneous swellings have existed for years, simply because carelessness has engendered neglect. These swellings, painless and causing no inconvenience, may lead to ultimate disaster; and it is wise to treat them at once though they appear to be harmless. This ointment acts on the skin in such a manner that an increased activity is set up in the blood vessels of that part of the system. A strong flow of healthy blood soon accomplishes the removal of hurtful matter from the swollen gland.

All the above, price per box 1/3, *post free.*
Larger size, containing three times the quantity, 3/-

146. HEALING OINTMENT.

The most effective ointment to use for Scalds, Burns, Abrasions and other serious injuries to the cutaneous membrane. It quickly allays the pain, promotes rapid replacement of skin, encourages cell formation, knits up lacerated tissues, and speedily makes the injured portion healthy. Its value cannot be over-stated, and it would be wise for every family to have a box of this ointment ready for use.

147. RHEUMATISM OINTMENT.

Rheumatism and Gout are caused by poisonous matter in the blood settling in the joints and other parts of the body, and then, by irritating the nerve fibres, causing acute and agonizing pains. This ointment stimulates the follicles of the skin which extract the uric poison from the blood and expel it in the form of perspiration. Rubbed in for Rheumatism or applied on lint for Gout, it is always effective in reducing and banishing pain.

148. OINTMENT FOR CHILBLAINS.

This irritating and troublesome affliction is very frequent during Winter, especially in exposed situations. We have been often asked for Ointment to deal with the matter, and have, therefore, prepared one which has already given great satisfaction. By using our Ointment the circulation is stimulated; and bad circulation, it must be remembered, is really the cause of the trouble. This Ointment speedily revives normal conditions. Sufferers should take a tonic regularly through the Winter.

149. OINTMENT FOR PSORIASIS.

We have been often asked for an Ointment for this complaint. We now offer one, the composition of which has been materially aided by the experience of one of our customers. This is a very persistent complaint, and no one must expect an immediate cure. There would be at once, however, a great alleviation, and for this reason all sufferers should use it.

OINTMENT FOR VARICOSE VEINS.

So often being asked for a herbal ointment for this distressing complaint, we have felt compelled to investigate the matter. After much research and experiment, we have succeeded in perfecting two ointments for different stages of the disease, which will be found of the greatest benefit to those afflicted.

150. *Varicose Ointment*—For those whose complaint has been of recent development.

151. *Varicose Ointment*—For those whose complaint has reached the ulceration stage.

All the above, price per box **1/3,** *post free.*
Larger size, containing three times the quantity, **3/-**

154. RINGWORM OINTMENT.

We have often been asked for a remedy for Ringworm, and in the past have confidently and successfully recommended the use of our Psoriasis Ointment, which is an excellent remedy for this purpose. We have here, however, an ointment which has been formulated by an astute Herbalist, who has given this matter considerable study. It is composed of those Herbs which he has found to have the best effect on this complaint, and it is superior in its action and more certain in its effects than the ointment formerly recommended. We advise all parents with children afflicted with this troublesome complaint to use this ointment. The longer Ringworm is allowed to develop, the greater is the difficulty in eradicating it. It is a complaint of a highly contagious character, spreads very rapidly among children, and speedily places itself beyond easy cure by any simple means.

Price per box 1/3, *post free.*
Larger size, containing three times the quantity, 3/-

156. MUS-GAR OINTMENT.

A great help to the Chest Herbs. Nos. 18 and 156, in conjunction, are the best to adopt. On page 72 of this book we refer to the chest being anointed with turpentine which, being vaporised, creates a pinous atmosphere for the breathing of those afflicted with colds, etc. Having read this, some of our customers have suggested that we should prepare an ointment. We have carefully gone into this, and produced our Mus-Gar Ointment which, after a little experimental work, has been perfected. Among its components are the essentials of mustard, garlic and peppermint. Rub the chest lightly with ointment, after fomenting well with hot water, and cover the chest with a flannel afterwards. It will act as a stimulant to the skin, inducing the follicles to cast out impurities rapidly. The value of this ointment is that the body heat vaporises the essential oils, and the air breathed is filled with remedial virtues for the air passages and lungs.

We are quite certain that this is one of the most valuable of our introductions; and should advise all those who suffer from any form of Nasal Catarrh, Asthma, or other respiratory complaints, to keep a box constantly by them.

Probably one of the greatest blessings which can be obtained from the use of this Ointment is the remarkable effect it has on a hacking cough. Those afflicted in this way have the sad experience of passing the night continually disturbed in their rest by an irritating throat, which causes violent coughing. It is found that when our Ointment is placed on the chest, in a few minutes the cough has entirely ceased, and the sufferer enjoys a normal night's repose. It is especially useful in this way for children.

Price per box 1/3 *and* 3/-, *post free.*

158. MARSHMALLOW OINTMENT.

The Marshmallow is one of the finest healing ointments that have yet been discovered. The plant grows in abundance in most parts of the country and, indeed, its powers of healing are so great that it has been termed "Mortification Root." In this ointment not only is Marshmallow used but also Slippery Elm, and these two in combination will be found to have a quick and marvellous power in removing the most obstinate inflammation and preventing mortification. It is impossible to overstate the virtues of this ointment in all such cases.

Price per box 1/3, *post free.*

Larger size, containing three times the quantity, 3/-

The Correct Attack.

Generally speaking, all diseases arise from some imperfection of the blood, and it would seem logical that the attack on the intruder should be made through the same channel. Attempts are made to cure Rheumatism and similar painful disorders by embrocations or ointments. These and similar preparations do at times undoubtedly alleviate pain, acting so because a large amount of massage is usually given, thus stimulating the action of the skin and enabling it to expel through the pores some of the causes of the trouble.

We liberally sprinkle a flannel with turpentine, and place this on our chest at night as a help in the cure of a chest cold or bronchitis. It is a common error to imagine that this turpentine actually passes through the walls of the chest into the lungs. Such an application is highly beneficial, because it stimulates the follicles of the skin and induces in that part profuse perspiration; and the turpentine, being vapourised by the heat of the body, creates a pinous atmosphere which the patient breathes into his lungs, where it exercises its healing action. But the more important work must be done by medicine through the digestive organs, the lacteal ducts, and the blood vessels.

RELIABLE HERBAL REMEDIES, TOILET ACCESSORIES, Etc.

Having been so often asked for many of the articles mentioned in the following list, we have felt it necessary to give them a place in this book. We have taken considerable pains in selecting and investigating the merits of all mentioned below. With one exception only (an external application) these are of herbal origin, and we have tried to offer only the best products in each class. Each may be relied upon as being of sterling merit, and our own personal investigation has led us heartily to recommend each of them. The reputation of this firm for supplying only the best quality in every direction is firmly established, and we are sure it will not suffer in the estimation of those who try the articles mentioned in this Supplementary List.

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		s.	*d.*
210	**ADIANTINE**, post free ... ... A herbal hair lotion. It imparts vigour, strengthens the growth and beautifies.	1	9
210a	**ANTISEPTIC THROAT PASTILLES**, per tin, post free ... ... These are excellent to use occasionally, especially when there is any sign of a sore throat.	1	3
211	**ANTI-SPASMODIC DROPS**, per bott., post free These should be taken immediately in cases of spasmodic affections, Cramp, Convulsions, etc. They are of great service in cases of Neuralgia, and a reliable pain-killer.	1	3
211a	**ARROWROOT**, per ½ lb. tin, 1/3, post free; 1 lb. tin ... ... We are very pleased to be able to offer this article of food which, as is well known, is very largely used for the weak, ill and convalescent. It is far better for those who are dealing with patients to obtain this commodity from a source which can be relied upon for freshness and quality. We feel compelled to offer this to our customers in order that they may not run any risk of obtaining something which would be injurious to the patient.	2	3

		s.	*d.*
215	**ASTHMA CIGARETTES (non-smokable), per dozen, post free ... ... 9d.; per 100** These cigarettes cannot be smoked, as they are too tightly packed. Light the end of one and place it on a plate. It will smoulder away, and the smoke can be inhaled. A great relief in Asthma, Nasal Catarrh, etc.	5	6
217	**BALM OF GILEAD THROAT AND LUNG MIXTURE, per bottle, post free ... 1/2 and** A pure and harmless Chest and Lung Mixture, made entirely from herbal ingredients, including an essence of the Canadian plant whose name it bears. The mixture warms and nourishes the chest, and is an excellent Winter medicine for young and old. Children like it and ask for more. (Balm of Gilead Throat and Lung Pastilles, see No. 293.)	2	0
222	**BOWEL MIXTURE, per bott., post free, 1/3 &** A bottle of this should be at hand in every house where there are children. It speedily rectifies slight stomachic disorders, which, if neglected, may lead to serious complications.	2	0
225	**BRILLIANTINE, post free ... ... 1/3 and** A herbal preparation imparting lustre and vigour to the hair.	1	6
228	**CAMPHOR ICE, per tin, post free ... ...** This is a very convenient form of lotion or liniment for the chest when one is suffering from a bad cold.	0	9
230	**CAMPHORATED OIL, per bottle ... 9d. and** Consisting of pure Olive Oil as its foundation, strongly impregnated with Camphor. An excellent oil to use in severe colds.	1	3
232	**CASTOR OIL, per bottle, post free ... 9d. and** Tasteless and of the highest quality.	1	3

s. d.

233 **CATARRH PASTILLES**, per box, post free ... 1 3
Give immediate relief in cases of Nasal and Bronchial Catarrh. The vapour formed in consuming them is inhaled into the lungs and emitted through the nasal passages, speedily removing from lungs, nose and throat all traces of catarrh. Complete cures of Catarrh, Hay Fever, Bronchitis, and similar complaints have been secured by these Pastilles alone, but it is advisable for sufferers in this way to use the Pastilles and our Cigarettes or Smoking Mixture. The two combined is a speedy and safe cure for this distressing complaint.

234 **CHILDREN'S HEAD CLEANER, per bottle, post free** 1 3
An effective and reliable preparation for cleansing the head of Dandruff, etc., and destroying objectionable life. This is a recent discovery, and has already established itself firmly in the favour of the mothers of England. Unlike most preparations of this description, it is quite free from anything which would be harmful to human life, and may be used by the most nervous mothers with every confidence.

235 **CHILLIE OINTMENT, per tube, post free** ... 1 0
A preparation made from the finest African chillies, containing all their well-known virtues. No household should be without this ointment, especially during the cold Winter months.

236 **COLD CREAM, per jar, post free** 1 0
All those who know the value of Cold Cream in the toilet will be pleased to be able to buy a brand of the finest quality obtainable, delicately perfumed and nicely packed. We are quite sure that this is the best Cold Cream prepared in the country, and we have examined many, and recommend this with every confidence to our customers.

237 **COMPOSITION ESSENCE, per bottle, post free** ... ... 9d., 1/4 and 2 3
For making Composition Cordial or Wine (non-alcoholic). For cold nights, may be made by adding a teaspoonful of Composition Essence to half-a-pint of hot milk, sweetening to taste. Stimulating to those who have to go out early.

		s.	*d.*
238	**COMPOSITION DROPS,** per oz., 4d.; per ¼-lb. ... ... Very warming and palatable. A valued and effective preventative of colds, coughs and chest troubles generally. All children and grown-up folk should freely take these when venturing out into the cold atmosphere or changeable weather. They will be found a certain help in keeping the physical system in a vigorous and robust state.	1	3
239	**COMPOSITION POWDER,** per large package, post free ... ... Especially prepared from the finest materials, and should be kept in every house in Winter.	1	0
241	**COOLING POWDER,** post free, 3 for 6d.; 12 for ... ... Composed entirely of herbal ingredients. Harmless and safe for children and young people.	1	9
244	**CREME DE VENICE,** bottle, post free... ... A vanishing cream of excellent value, imparting beauty to the complexion and health to the skin.	1	6
245	**CURRY POWDER,** per package, post free ... We have arranged for a supply of genuine Indian Curry Powder of the finest quality, and can recommend this to customers with every confidence.	1	6
246	**DANDELION COFFEE,** post free ... 1/1 and A most highly recommended health beverage. It is of delightful flavour, and possesses valuable health properties. It makes three times as much liquid as ordinary coffee.	2	0
247	**H. & H. DANDELION COFFEE ESSENCE,** per bottle, post free ... ... 1/1 and This prepared form of our Dandelion Coffee will commend itself to many of our customers. The high standard of purity and quality is maintained, and its flavour will appeal to the most fastidious taste.	1	9
249	**DECOCTION OF JAMAICA SARSAPARILLA,** per bottle, post free ... ... An agreeable form in which to take the active ingredients of the Smilax, or Sarsaparilla. Decoction of Jamaica Sarsaparilla makes an excellent Spring and Autumn medicine, and is considered to be one of the best known alterative mixtures.	2	0

		s.	*d.*
251	**DENTAL CREAM, per large tube, post free** ... Probably the finest cleaning and preserving cream on the market.	1	3
252	**DISTILLED EXTRACT OF WITCH HAZEL, per bottle, post free** ... ... Very useful, indeed, in cases of hæmorrhage, bruises, sprains, etc. Especially useful after shaving. Far better than Bay Rum. A boon to those suffering from piles.	1	3
253	**DUPORTE'S TALCUM POWDER, per large bottle, post free** .. .. A hygienic preparation for the baby's toilet, in container with sprinkle top.	1	3
254	**DUPORTE'S SMOKER'S TOOTH PASTE, per tube, post free** ... ... The teeth of smokers are often unsightly, owing to a black coating which accumulates on them and cannot be removed by the use of the ordinary tooth pastes. The constituents of this paste are such that it not only removes these accumulations, but if constantly used keeps the teeth clean, white and healthy. It also acts as a disinfectant to the mouth and throat, and is thus a protection against infection.	1	0
256	**EAR DROPS, per bottle, post free** ... ... These contain herbal sedatives. They cure earache usually in ten minutes.	1	3
257	**EUCALYPTUS AND MENTHOL PASTILLES, per tin, post free** ... ... A great help to those suffering from Nasal Catarrh and obstructive affections of the air tubes generally.	1	3
261	**EXTRACT OF HERB BEER, per bottle, post free** ... ... Composed of extracts of the same herbs that are used in our Herb Beer mixture. A tablespoonful makes a gallon of delicious botanical beer.	1	3
263	**EXTRACT OF JAMAICA SARSAPARILLA, post free** ... ... **½oz., 10d.; 1 oz.** In the form of a paste. In handsome opal pots. Enriches the blood.	1	6
266	**EXTRACT OF ROSEMARY, post free** ... ... An admirable dressing for the hair, producing vigorous growth, a silky texture, and a lustrous appearance.	2	0

s. d.

268 **EUCALYPTUS OIL**, per bottle, post free, 6d. & 0 10
Extracted from the famous blue gum tree of Australia. An extra superior quality.

270 **"FIVE BARKS" CHEST AND LUNG JUBES**, ¼lb., post free 0 10
A warm friend for old and young. Always carry some with you in Winter.

271 **FUMIGATING PASTILLES**, per box, post free 1 3
These impart a delightful fragrance when burnt in a sick room, and remove infection. Best quality only.

273 **GINGER BEER POWDER**, per packet, post free ... ... 4d.; 3 packages 0 10
A packet contains sufficient to make one gallon of delicious ginger beer.

274 **GINGER WINE ESSENCE**, per bottle, post free 1/- and 1 6
(A 1/- bottle of this will make 40 glasses of delicious Ginger Wine, and a 1/6 bottle will make twice the quantity.)
This is one of the best drinks for Winter gatherings and evening parties, etc., and makes a really fine addition to the refreshments which are profusely provided on these occasions. If made as directed, it forms a delightful beverage, and is really a splendid health drink at the Winter time of the year. Full directions for making are given on each bottle.

TEMPERANCE WINE ESSENCES—
So great has been the praise of our Ginger Wine Essence, that we have been asked to enlarge our list of preparations of this kind. We have, therefore, added Raisin and Orange Temperance Wine Essences to our list. The preparations are both richly flavoured and true to taste, and will be found particularly useful upon all festive occasions. Not only the young, but the old folk, too, will find these essences most delightful. For children's parties and gatherings they will be especially welcome.

274o **Orange**, per bottle, post free ... ... 1/- and 1 6
274r **Raisin**, per bottle, post free ... ... 1/- and 1 6

		s.	d.
B274	**HAIR BRUSHES** (Ladies' or Gentlemen's), post free ... ... each Best stiff bristles.	3	0
C274	**COMBS**—Ladies', 1/3; Gentlemen's ... ... Ladies' or gentlemen's, non-inflammable, 7½ins. long, grailed.	1	0
275	**HEADACHE AND NEURALGIA POWDER,** 3 powders, post free, 5d.... ... ... 15 for Marvellously efficacious in dealing with headache, and perfectly harmless. A good cure for a cold.	1	9
277	**HERBAL BLOOD MIXTURE,** per bottle, post free ... ... 1/3; larger size An excellent Spring and Autumn medicine. Imparts vitality to the blood.	2	0
278	**H. & H. INHALANT (PINE),** per bottle ... Those suffering with colds, catarrh, hay fever and influenza, will find this inhalant a very speedy means of curing these conditions. Use frequently during the day by sprinkling a few drops on the handkerchief and inhaling.	1	3
279	**LANOLINE FACE CREAM,** per tube, post free An exquisitely perfumed skin food with remarkable beautifying properties. Keeps the skin healthy and removes blemishes.	1	3
279a	**LAXATIVE CHOCOLATES,** post free, 3 for 8d. 12 for Intended for use by those who cannot take Pills or Herb Mixture. A very pleasant sweetmeat.	2	6
280	**LEMONADE POWDER,** post free ... ... Of superb quality. This can be supplied only in 8 oz. air-tight tins.	1	6
280a	**H. & H. LEUCORRHŒA MIXTURE,** per bottle, post free ... ... This Mixture will be found a most efficacious and speedy remedy. It is composed of purely herbal ingredients and may be safely used by all suffering from this complaint.	3	0

s. d.

280b **LEUCORRHŒA PASTE, per box** ... 1/3 and 2 6
An excellent remedy for the treatment of Leucorrhœa. The paste is dissolved in warm water, and may be used either as an injection alone or in conjunction with our Leucorrhœa Mixture. Packed in grease-proof containers.

281 **LIME JUICE AND SULPHUR SALTS, per tin, post free** 0 10
Makes one of the best cooling and purifying drinks. Easily made and very effective.

282 **LINIMENT, per bottle, post free** ... 9d. and 1 3
An excellent dressing for bruises, etc. Makes a splendid general rubbing bottle.

283 **LINSEED AND SEAWEED TEA, price per package, post free** 0 4
Makes an excellent demulcent drink for children and adults.

284 **LIQUORICE AND MENTHOL CUBETTES, post free** 0 6
Excellent for Winter use. Comforting and soothing to the chest and throat. In boxes suitable for carriage in waistcoat pocket.

285 **LOOFAHS (of superior quality), post free** ... 0 9
These are chosen with great care, and have given great satisfaction. Size 14 inches.

LOZENGES, per package, post free ... 9d. and 1 3
(The 1/3 packet contains two and a-half times the 9d.)

L1 MUSK
L2 BLACK CURRANT
L3 CAYENNE
L4 CHARCOAL
L5 CINNAMON
L6 GINGER
L7 HOREHOUND, ANISEED & MULLEIN

Lozenges afford a safe, easy and pleasant way of taking medicinal Herbs, and we have often been asked whether we supply them. In addition to the Pontefract Cakes, which are mentioned on another page, we are offering the above, the uses of which are well known generally.

286 **MALE FERN CAPSULES, 4 capsules, post free** 1 9
Of the best quality. Highly recommended.

287 **MIDGE BITE LOTION, per bottle, post free**... 1 1
Allays the irritation following the bites from mosquitoes, midges, etc. If immediately applied prevents all unpleasant consequences.

Manager's Office

Assistant Manager's Office

Secretary's Office

Cashier's Office

		s.	*d.*
M287	**MENTHOL CONES, post free... ... each** These are composed of the essential principle of Peppermint in crystallized and solidified form. The cones are dome-shaped. They are encased in box-wood, with a screw-on cap, which effectually prevents loss of strength by evaporation. Rubbing on the forehead and sniffing the odour up the nose is a very effective and healthy way of dealing with bad headaches.	1	0
N287	**NAIL BRUSHES, post free ... ... each** These are the best quality wire-drawn, and are such as to give satisfaction to those who obtain them.	0	9
P287	**OLD-FASHIONED PEPPERMINT, per bottle, post free ... ...** This is a liqueur cordial, non-alcoholic, and distilled from the green plant grown on one of the most up-to-date Herb Farms in the country. No one needs to be told the value of Peppermint. It is a cordial which has been used for generations by our forefathers, and one which has firmly established itself among the simple remedies commonly used in all parts of the country. It will be a pleasure for those who are in the habit of using this most excellent aid to the digestion, to be able to obtain a Peppermint which is of the highest quality and of undoubted excellence.	2	6
288	**OLIVE OIL (superlative pure quality), per bottle, post free... ... ... 1/6 and** Undoubtedly the best that can be obtained.	2	6
290	**PASTILLES (Heath & Heather's Cough), per box, post free ... ...** After much investigation and experiment, we have been able to produce a pastille which we believe to be the best for using in cases of coughs, colds, catarrh, hoarseness, and all allied complaints. The worst throat is immediately relieved by these pastilles. They not only clear the air passages of extraneous matter, but communicate a glow and feeling of comfort to the inflamed membranes, and help on a speedy cure. They will be a great boon to teachers, speakers, singers, actors, and all those who have to use their voices constantly. They are packed in attractive boxes which may well be carried about by those requiring them.	1	3

		s.	d.
292	**PASTILLES (Lemon, Honey and Glycerine), per package, post free** ... ... For throat and voice. Beautifully cooling and refreshing in Summer, and of great value to singers and speakers. Public orators should carry a package in their pockets.	0	9
293	**BALM OF GILEAD THROAT AND LUNG PASTILLES, per packet, post free** ... ... Those who have only an elementary herbal knowledge are well acquainted with the virtues of the Canadian plant—Populus candicans or Balm of Gilead—in dealing with throat and lung troubles. These pastilles present an easy and pleasant way of taking this excellent essence. A packet of these pastilles should be carried about by every sufferer from respiratory complaints, and can be taken frequently without any fear of ill consequences from over-indulgence.	1	3
294	**PEPPERMINT LOZENGES, per tin, post free** The strongest known. Stomachic and digestive.	0	8
298	**H. & H. NEW PILE REMEDY, per box, complete**	2	6
298a	**Refill of Ointment**	1	3
113	**Refill of Pills**	1	3

In response to the requests of many of our customers, we are introducing this new treatment for the cure of Piles. It has already proved exceedingly beneficial and entirely satisfactory in the large majority of cases where we have advised it. The treatment is put up in boxes containing pills, one tube of pile ointment with screw-capped tube, together with one vulcanite nozzle which screws on to the tube of ointment, and is then ready for use for insertion into the rectum. The remedy is very neatly got up, and we are confident it will have a very large sale. Full instructions for use, both as regards the pills and ointment, are contained in the box, and we have every confidence that those who have not yet tried the remedy will find it very serviceable and convenient for use. Boxes of pills can be purchased separately should more be required, as also the tubes of pile ointment.

		s.	d.
298b	NEW NOZZLES ... ... each	0	6

No.	Item	s.	d.
299	**PINE TREE LOZENGES, per tin, post free** ... Contain pectoral and pulmonic herbal medicines. Highly ozonised.	0	8
300	**PONTEFRACT CAKES, per oz., post free** ... There is probably no better way of using Liquorice than in Pontefract Cakes. Pontefract is the great centre of the Liquorice industry in England, and the Cakes which we offer are manufactured at the source of supply. We offer them with every confidence as to their being the best obtainable; and we are sure that those who purchase these will find them the most pleasant means of taking this medicine, which is beneficial at all times.	0	3
P301	**POULTICE POWDER, per packet, post free** A powder which is readily made into poultice form.	1	0
302	**RASPBERRY VINEGAR, post free, reputed ¼-pint ... ... 1/-; reputed ½-pint** This will be found to be of excellent quality, and for those who are in the habit of using it for colds and sore throats, and similar affections in Winter time, it will be a boon. It is made from the finest fresh fruit, and no effort of any kind is spared in its manufacture to make it the best possible of its kind.	1	6
303	**RHUBARB POWDER, per packet, post free** ... Finest Turkey.	0	3
306	**SACHETS (Moth), post free, 5d. each; 3 for** **6 for** Very effective in preventing the ravages of these pests.	1 1	1 9

TESTIMONIAL.

I am glad to say how beneficial your Cough Herbs have been to me. After years of exhausting bronchitis which took special toll of my energy every winter, and after trying many advertised cures, all with nothing more than temporary relief, I tried your Cough Herbs. The immediate improvement caused me to continue with the remedy. Gradually resistance to attack seemed to strengthen. Two winters, one very severe, have passed since then, and during both I was very fit and the previous horrors of sleep-broken nights seem scarcely to have been. What few colds I have had during the last few years have first been attacked by your Herbs with unfailing success.—E.B.—3047.

s. d.

SACHETS, per sachet 1 0

306a **PARMA VIOLET** 306b **POT POURRI**
306c **LAVENDER**

On very many occasions we have been asked by lady customers for Sachets containing our famous Pot Pourri, Lavender, or Parma Violets. We have succeeded at last in getting a manufacturer of these articles to make them for us of silk, filling them, of course, with our own products. The Sachets are daintily got up and will make very handsome presents, in a small way, for a lady friend. Nothing can be better than these Sachets for giving a nice appearance to the toilet table, or placing in the linen closet where they impart their lovely fragrance to the household linen.

308 **SARSAPARILLA WINE ESSENCE, per bottle, post free** 1 6
Makes a delightfully refreshing wine for Christmas parties. A boon to the children.

309 **SASSAFRAS OIL, per bottle, post free** 1 0
This is of the finest quality, and should be used for rubbing every night by those who are afflicted with Goitre.

SHAMPOO POWDERS—

310 **Chamomile, per packet, post free... 6d.; 3 for** 1 4
311 **Parma Violet, per packet, post free, 6d.; 3 for** 1 4
Scented.
312 **Henna, per package, post free ... 6d.; 3 for** 1 4
Made from an ancient Egyptian recipe, effective not only in promoting health and vigorous growth, but in restoring the natural colour.

313 **SHAMPOOS—Cocoanut Oil, bottles, post free 1/3 and** 1 9
Very popular and effective in preventing falling hair, and thoroughly cleansing the scalp.

313a **AMETHYST DRY SHAMPOO, per tin, post free** 1 3
An easily used and efficient dry shampoo. It is quite as effective as any of those which require water, and the whole operation of using it takes only a minute. It is supplied in boxes with perforated tops, and is sprinkled lightly on the head. A good brushing completes the process, and the head is thoroughly cleansed, while a delightful sheen is imparted to the tresses.

s. d.

C313 **SOLIDIFIED COLOGNE** (for Headaches, etc.), gilt cap tubes, post free 1 0

This is a form of Eau-de-Cologne, which will be found to be very useful to those who suffer, as many people do, from occasional headaches. A little rubbed on the forehead will have an instantly cooling effect to the pain-racked brain, while the odour which emanates from it will have a grateful and soothing effect.

S313 **SHAVING BRUSHES** ... ... each 1 9

All metal handle, made of the finest hog hair.

Badger Imitation ... ... each 3 3

A really first-class brush. Sterilised.

H. & H. TOILET SOAPS—

We offer here a small range of soaps which we have had prepared according to our own requirements, and we think we may confidently state there is nothing better made. With regard to them generally we say:—

(1) They are free from injurious alkalis and cannot injure the most delicate skin.

(2) Only palm oil, olive oil, and other vegetable fats are used.

(3) They last in some cases three times as long as other soaps.

(4) They are made up of herbal constituents which have an emollient and curative effect on the skin.

See also Pot Pourri Soap (page 55).

314 **Witch Hazel Cream Soap, per tablet, post free**... 0 9

315 **Herbal Skin Soap, per tablet, post free**... ... 0 9

316 **Marshmallow Soap, per tablet, post free** ... 0 9

317 **Glycerine and Cucumber, per tablet, post free** 0 9

317a **H. & H. ECZEMA SOAP, per tablet** 0 9

We advise this to be used in conjunction with our treatment for eczema.

Or either of above, 2 for 1/5 ; 3 for 2/- ; 4 for 2/6 ; 6 for 3/9

318 **Slippery Elm Shaving Soap, per tin, post free**... 1 3

Is a revelation to those who have never used it. It does not dry on the face, the creamy softening lather leaving the skin of a soft and velvet texture. Should one accidentally cut the skin, the curative soap quickly heals it.

Refills 1 0

s. d.

318a **SLIPPERY ELM SHAVING CREAM, per tube, post free** 1 3

Our Slippery Elm Shaving Soap has become famous, and is now regarded by its users as the best obtainable. We have many laudatory letters from our friends who use it constantly, and there is little doubt that its unrivalled qualities have obtained for it a permanent place on the shaver's dressing table. Many, however, prefer cream to soap, and for these we have had prepared a Shaving Cream which has all the qualities of the soap. It is admirable for tender skins, and any abrasion that may accidentally occur is rendered innocuous by the antiseptic and healing qualities of the Slippery Elm, which is the outstanding constituent. It renders the skin soft and pliable, softens the stiff growth of the short hair, and renders the morning shave a rapid pleasure instead of a process many would gladly evade.

318b **H. & H. SLIPPERY ELM SHAVING SOAP (in Bowls); large bowl ... ... 2/6; small bowl** 1 6

In response to the many requests from our customers, and especially Army and Navy men, we are now able to supply our Shaving Soap in neat wooden bowls. There is, undoubtedly, a very great saving in purchasing these bowls, because all waste is eliminated. The excellent quality of the soap is still maintained, and we are receiving many letters of appreciation from our numerous friends regarding this toilet requisite.

319 **SNUFF (Herbal), per box, post free** 0 4

A pinch of this snuff clears the air passages. It should be taken first thing in the morning, as well as during the day. It has a germicide effect and will ward off disease.

320 **SPONGES (Rubber), post free ... ... each** 1 6

Of superlative quality, being light yet close in texture. These sponges are the best on the market. Unlike the ordinary sponge, they invariably keep clean and wholesome. Hygienically, they are much to be preferred to any others.

s. d.

321 **SUPPOSITORIES—PILEWORT AND WITCH HAZEL,** per box of 1 dozen, post free 2 0

We have often been asked by sufferers for these articles, and here offer the most suitable ones for the purpose. They are supplied in boxes of one dozen, and full directions for use are inside each box. They will be found to be of the greatest benefit to sufferers from piles, and all afflicted in this way should use them.

322 **SYRUP OF FIGS,** bottle, post free ... 1/1 and 1 8

One of the best of the mild aperients. Especially suitable for children, who like it.

325 **TABLETS (Golden Health),** per box, post free 1 3

All thin people should use these tablets regularly to improve their physique.

326 **TOOTH BRUSHES** ... ... 9d., 1/- and 1 3

Best English, made of the finest bristle.

327 **TOOTH POWDER,** per box, post free 0 9

A cleansing, fragrant and antiseptic preservative of great value.

328 **WALNUT KETCHUP,** ¼-pint bottle, post free 1 3

A very nice addition in the way of sauce to the mid-day meal. We offer this with every confidence.

330 **WITCH HAZEL VANISHING CREAM,** bottle, post free ... ... 9d. and 1 2

One of the best of skin foods, which makes it healthy and improves the complexion.

330a **WINE — H. & H. CONCENTRATED KOLA-NUT (with QUININE),** per bottle 2 0

This non-alcoholic wine, which is composed of a combination of the powerful stimulating properties of Kola (*Sterculia acuminata*) with the tonic properties of Quinine, imparts tone and vigour to the whole body. A wine with a reputation.

331. LEMON JUICE.

Extracted from Ripe Lemons in Italy.

An Important Introduction.

Lemon juice has been rightly regarded as an extraordinary health aid for many years. Even the juice squeezed out of the badly ripened lemons—the only ones obtainable in our country—has been proved by practical experience to be remarkably conducive to robust health and a powerful aid in rooting out certain complaints. The lemons, however, which can be bought in the best fruit shops in London, are very inferior to those allowed to ripen on the tree in their sunny home by the Mediterranean Sea. We have elsewhere in this book pointed out that Vitamins are very deficient in plants grown in the shade, and are completely out of comparison to the abundance of them in plants enjoying the full light of the sun. The same applies to fruit, and the juice of the lemon, picked green and ripened in the dark hold of the carrying ship on its voyage to London is, compared with that of the super-vitaminous ripe fruit grown to its highest perfection in the full sunlight, a very poor object indeed. The vitamins contained in the lemon juice give it an almost unbelievable value in these days, when much of the food the ordinary individual eats has been deprived of these absolutely necessary principles. The juice of the ripe lemon is the richest mine in the world of these necessary adjuncts to food.

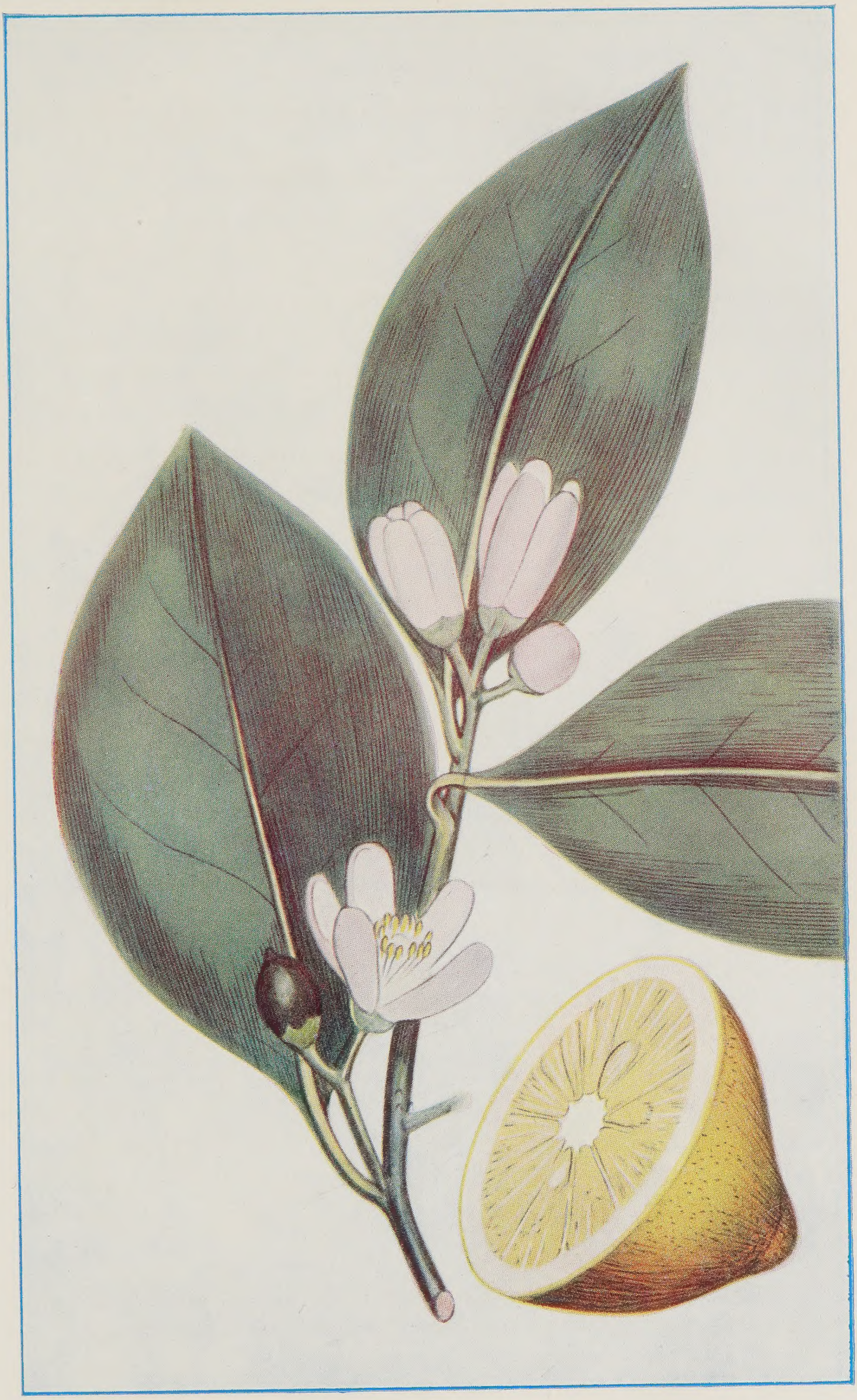
One of the greatest dietists of the present day claims that Lemon Juice is a cure for many of the ills that afflict humanity, and that it has a marked effect in such serious diseases as Cancer and Diabetes.

While we are not prepared to go to this length, we may say that we believe every child or adult would be greatly benefited in health by taking a morning wineglassful of this fluid, and this we heartily recommend.

Many who would be benefited by taking the lemon juice shrink from it because of its acid taste. After taking it two or three times the repulsion disappears and the consumer actually anticipates the pleasure of the morning draught.

We think so highly of the health-giving properties of this juice, when extracted from ripe lemons in its native habitat, that we cannot too strongly recommend our friends to acquire the habit of taking a wineglassful every morning before breakfast. The juice may be diluted according to taste. Immediate benefit will be felt, increasing as the days go on. This lemon juice is extracted from ripe lemons by machinery on the lemon plantations. (See also page 110.)

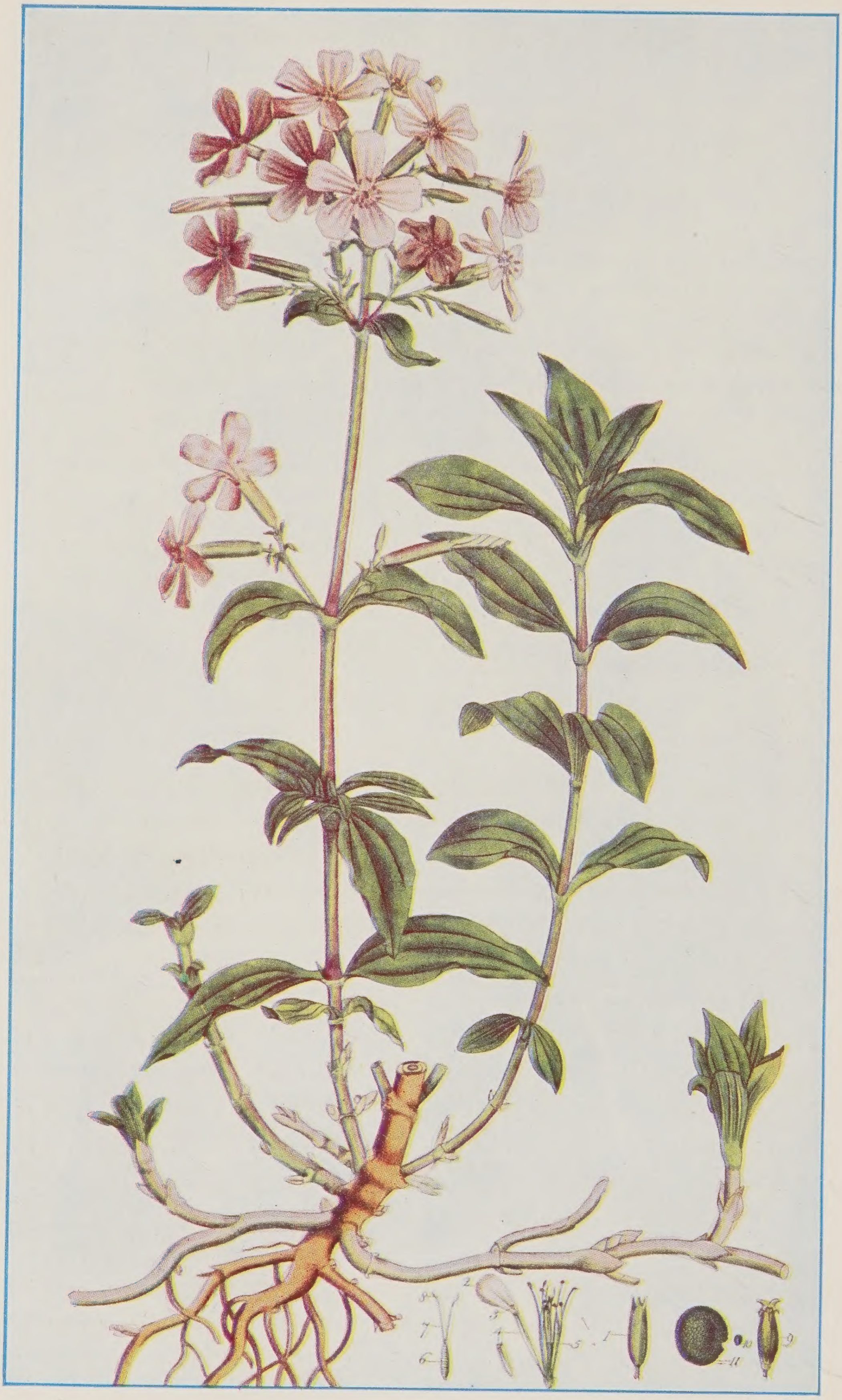
Price per bottle 1/3, *post free.*



LEMON

Citrus Limonum

Reproduced from *Medical Botany*, by William Woodville, M.D., published 1794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SOAPWORT

Saponaria officinalis

Reproduced from *Flora Londinensis*, by William Curtis, published 179

An Interview with Mrs. JAMES RYDER

The Lady Superintendent of the Staff of HEATH & HEATHER, Ltd.

I have already had an interview with the Managing Director. I shall be glad to know if you, as the Lady Superintendent of Heath & Heather, Ltd., will answer me a few questions?

I shall be very pleased to do so, and if I can interest you in the female department of this business it will be a little more accomplished towards making our work better known.

I suppose that in your position you have a practically free hand in the arrangement and overlooking of the girl workers?

Yes, my work is really overlooking the girls in every particular. I have spent many years training girls in London, and I regard training in good conduct and correct behaviour as the most important of all education for young girls. We have had many here who, when they came to us, were not altogether satisfactory in this respect, and the improvement which has in a short time taken place in their manner and behaviour has been, in some cases, remarkable. We get the girls young, directly from school, when their minds are plastic and easily moulded. A few weeks' association with the other girls, a kindly word here and there, and the work of character formation is soon well on the way. I may say that nothing in this business is more wonderful than the fine little ladies many of our girls develop into.

Do you find them quick at learning their duties? You start them at a very young age you see.

From the very commencement they take to their work most enthusiastically. Our work is of an interesting, even fascinating, character, and the girls like best a really heavy day. They seem, then, to put forward their utmost effort to get the orders out; and, of course, we must in this business get out every order on the day of receipt. At the same time, the girls realise that none are in a *cul-de-sac*. Every girl working here has advancement before her if she does her duty, and they all move on to higher departments and better positions.

Have you any difficulty in obtaining recruits to your staff?

None whatever. We invariably have a long waiting list. We pay the best wages in the town for this class of work, which is of a character suited to girls—light, clean, and the hours are not too long, under forty hours per week. They occasionally have to work overtime, and this they are handsomely paid for. They also have long holidays in the Summer for which they receive full pay, and other privileges which they prize. Altogether, I think our employees are treated better than any others in the town.

I notice the girls seem to be very happy and contented.

You can hardly find a happier or more contented body of girl-workers than ours. They must necessarily be so. Everything is done for their comfort, and both Mr. Ryder and myself study their wants in every way. We are proud of them.

Have you any other duties beside superintending these girls?

Oh, dear! yes. I have a very large correspondence. Ladies like to write to me about their illnesses in preference to writing to Mr. Ryder, and I am thankful to be able to say that I am doing an increasingly large amount of good by this means.

Really, Mrs. Ryder, this is very interesting. Can you tell me your real opinion of the business?

Well, the business is a great success, and there can only be one opinion about it We are doing the work we profess to do, and I am satisfied that I am engaged in the best work of my life. I may say without egotism that I have spent all my life in work for the betterment of the people—morally, educationally and socially—and I regard this as a glorious crown to all my labours. It is a work in which you see much of the fruit, and in this respect it differs from much of the good work done in the world. The gratitude expressed in the letters I receive is, to say the least, a splendid reward for all my work. Working in this herbal business is the greatest pleasure of my life, and I even begrudge taking a holiday because it takes me from my daily tasks.

This interview is published as a convenient and attractive way of putting before our friends the interest taken by Mrs. Ryder in the welfare of our large staff. She is supported by the directors in every effort undertaken for the creation of a happy and healthy atmosphere during working hours.

IMPORTANT NOTE.

Some of our customers send their orders for Herbs to Messrs. Ryder & Son. It should be distinctly understood that this is altogether a separate enterprise; and, while the eminent seedsmen are our good friends, and always pass the orders over, it is hardly right to impose this task on a firm which is already heavily weighted with responsibilities to its own customers. Moreover, it invariably causes delay. The orders for Herbs should in all cases be sent directly to :—

HEATH & HEATHER, Ltd., Herb Specialists,
ST. ALBANS.

MEDICINAL HERBS IN 9d. PACKAGES.

The Herbs, Roots, Barks, etc., in these packages are sufficient to make 1½ pints of strong medicine, and are intended for those who have had experience in the use of Herbs. We have rigorously excluded all those of a harmful or poisonous character, and these may be used without any fear of danger. The uses to which each can be put are signified after each Herb. The best time to take medicine is after meals, and it should be taken three times a day. Kindly note the following ways of preparing these:

1.—Herbs and Flowers should be infused, that is, they should be made like ordinary tea. The contents of the packet may be placed in a jug, and over them should be poured 1½ pints of boiling water; this should be allowed to stand for a quarter-of-an-hour. The liquid should then be poured through a strainer into another jug. It is ready for use when cold.

2.—Roots, Barks, Seed, and Wood require more drastic treatment. They should be placed in a saucepan, and over them should be poured 2 pints of boiling water. The saucepan should then be placed by the fire to simmer gently until the liquid is reduced to 1½ pints. It should then be strained, and when cold is ready for use.

NOTE.—The Herbs used in the composition of our remedies (1 to 41) will be found in this list. They are in some cases somewhat drastic in their effects when used alone. Wherever this is the case, Herbs to counteract the bad effects are added, and always with good effect. Senna, for instance, is a useful and well-known aperient; but has a painful griping effect when used alone. It is the foundation of our Herbs for constipation, but the Fennel Seed and other Herbs added counteract this griping, and at the same time overcome the bitter taste of the Senna. It is better in all cases for those suffering to use our prepared Remedial Herbs, as every unpleasantness of this nature has been successfully dealt with in their composition.

Price per packet 9d., *post free.*

Large packet (3 times the former) 1/6

332 **AGRIMONY** *(Agrimonia Eupatoria)*—Coughs, diarrhœa, relaxed bowels, kidney and liver derangements.

334 **ANGELICA** *(Angelica Archangelica)* — Stimulating and aromatic. Kidney trouble and producing perspiration.

337 **ARRACH** *(Chenopodium olidum)* — Hysteria, and purely female complaints. A powerful nerve tonic.

339 **AVENS** *(Geum urbanum)*—Astringent, styptic and tonic. An excellent restorative in weakness, debility, etc.

341 **BALM** *(Melissa officinalis)*—For fevers. Induces mild perspiration and is an excellent cooling drink.

343 **BALM OF GILEAD** *(Populus candicans)*—For affections of the chest, lungs, stomach and kidneys.

345 **BALMONY** *(Chelone glabra)* — Constipation, dyspepsia, jaundice, for worms in children. A sure remedy.

348 **BLACKBERRY** *(Rubus villosus)*—An excellent tonic. Useful in cases of diarrhœa, dysentery, etc.

350 **BLACK CURRANT** *(Ribes nigrum)*—For hoarseness, sore throat, coughs, and catarrh generally.

351 **BLADDERWRACK** *(Fucus vesiculosis)* — The most effective Herb for obesity. Used also for kidney trouble.

352 **BLUE MALLOW** *(Malva sylvestris)*—Popular for curing coughs, colds, etc.

355 **BONESET** *(Eupatorium perfoliatum)*—For fever, catarrh, asthma, etc.

357 **BROOKLIME** *(Veronica Beccabunga)*—Kidney complaints, scurvy, impure blood.

359 **BROOM** *(Cytisus scoparius)* — Dropsy and kidney trouble generally.

362 **BUCHU** *(Barosma betulina)* — Gravel and bladder complaints. Especially useful in inflammation of the bladder.

365 **BUCKBEAN OR BOGBEAN** *(Menyanthes trifoliata)*—A good tonic. Useful for liver trouble, scurvy, and skin diseases.

367 **BUGLE** *(Ajuga reptans)*—Used in hæmorrhages, liver disorders, and consumption.

369 **BUGLEWEED** *(Lycopus Virginicus)* — Used in coughs, bleeding from lungs, and consumption.

Price per packet 9d., *post free.*
Large packet (3 times the former) 1/6

372 BURDOCK *(Arctium Lappa)* — A fine blood purifier, for scurvy and eruptions, and also kidney complaints.

373 BURNET SAXIFRAGE *(Pimpinella Saxifraga)* — A remedy for stomach troubles and flatulency.

374 CALAMINT *(Calamintha officinalis)* — Used for coughs, chest colds, and bronchitis.

376 CARROT, WILD *(Daucus Carota)*—An excellent remedy for dropsy, retention and irregularities of urine, gravel, and other bladder affections.

379 CATMINT, CATNEP *(Nepeta Cataria)* — Very useful in colds, inducing perspiration.

381 CELANDINE *(Chelidonium majus)*—Used in jaundice, eczema, scrofulous, and other skin diseases.

383 CENTAURY *(Erythræa Centaurium)* — For dyspepsia. Mixed with Barberry Bark for jaundice.

386 CHAMOMILE *(Anthemis nobilis)*—Mixed with Poppy Heads makes a good poultice for relieving neuralgia, etc. Also for hysteria and nervousness in women, and a tonic.

387 CHESTNUT LEAVES *(Castanea vesca)*—Very efficacious in paroxysmal or convulsive coughs and other irritable conditions of respiratory organs.

388 CLIVERS OR CLEAVERS *(Galium Aparine)*—Excellent for gravel and other urinary disorders. Also a tonic.

CLOWNSWORT—See No. 553 (Woundwort).

391 COLTSFOOT *(Tussilago Farfara)*—A popular and effective cough remedy. Also the basis of Herbal Smoking Mixture.

393 COMFREY *(Symphytum officinale)*—Highly valued for lung and chest trouble. Used as poultice on obstinate ulcers.

395 CRANESBILL *(Geranium maculatum)*—For cholera and diarrhœa. Also of use for internal intestinal hæmorrhage.

398 CUDWEED OR COTTONWEED *(Gnaphalium obtusifolium)*—An excellent remedy for quinsy, as a medicine, a gargle, and an external poultice.

400 DAMIANA *(Turnera aphrodisiaca)*—Valuable as a tonic in debilitated conditions of the reproductive organs. Also as a tonic to the nervous and physical systems generally.

401 DANDELION *(Taraxacum officinale)* — A laxative and a tonic. Useful in correcting kidney and liver disorders.

403 EUCALYPTUS *(Eucalyptus globulus)*—Inhaled for asthma, diphtheria, sore throats, bronchitis, etc. As a lotion to wash ulcers, etc. As an internal medicine for fevers, etc. Should only be used under medical advice.

Price per packet 9d., *post free.*
Large packet (3 times the former) 1/6

406 **EYEBRIGHT** *(Euphrasia officinalis)*—Exceedingly useful for weak eyes, ophthalmia, etc.

408 **FEVERFEW** *(Chrysanthemum Parthenium)*—Useful in purely female complaints, hysteria, etc.

411 **FIGWORT** *(Scrofularia nodosa)* — Called the Scrofula plant. Valuable for ulcers, abscesses and cutaneous eruptions. Useful both as an internal medicine and poultice.

413 **FIVE LEAF GRASS** *(Potentilla reptans)*—Excellent for diarrhœa and bowel looseness.

414 **FLEABANE** *(Erigeron Canadense)*—An excellent kidney medicine and a tonic. Serviceable in diarrhœa, gravel, and for affections of the kidneys.

415 **FLUELLIN** *(Linaria vulgaris)* — For jaundice, liver and skin diseases. Also as ointment for piles and eruptions.

418 **FUMITORY** *(Fumaria officinalis)*—For stomach and liver derangements, and also for skin affections.

421 **GERMANDER** *(Teucrium Chamœdrys)*—For rheumatism, gout, intermittent fevers, scrofula and skin diseases.

423 **GOLDEN ROD** *(Solidago Virgaurea)*—Corrects sickness from weakness of stomach. Promotes perspiration.

425 **GROUND IVY** *(Glechoma hederacea)* — For coughs and internal ulcers. Also for skin diseases.

428 **GROUND PINE** *(Ajuga Chamœpitys)*—When combined with suitable herbs is a fine remedy for rheumatism and gout. Useful in kidney complaint and female disorders.

431 **HARTSTONGUE** *(Scolopendrium vulgare)* — For kidney and bladder complaints, and in removing obstruction of the liver and spleen.

433 **HEARTSEASE** *(Viola tricolor)*—Said to prevent convulsions in epilepsy and asthma. Good for skin eruptions and for blood disorders.

436 **HOLY THISTLE** *(Carduus benedictus)* — An excellent tonic. Useful in dyspepsia, intermittent fevers, loss of appetite. Also excellent for colds and female disorders.

438 **HOREHOUND** *(Marrubium vulgare)* — Useful for colds, coughs, etc. A good tonic. Used also in making horehound ale.

439 **HORSETAIL** *(Equisetum arvense)* — Of great value in treatment of dropsy, gravel, urinary incontinency and kidney affections generally.

Price per packet **9d.,** *post free.*
Large packet (3 times the former) **1/6**

441 **HYSSOP** *(Hyssopus officinalis)*—An agreeable remedy for coughs, colds, and lung complaints generally.

443 **ICELAND MOSS** *(Cetraria Islandica)* — To improve the appetite and digestion. For chronic catarrh and bronchitis. It relieves the cough and helps by its nutritive qualities.

444 **IRISH MOSS** *(Chondrus Crispus)* — Useful in chest and bronchial affections; also in irritating diseases of bladder and kidneys. Like Iceland Moss, it possesses nutritive qualities.

445 **KNOTGRASS** *(Polygonum erectum)*—For child diarrhœa, and Summer complaints.

448 **LADIES' MANTLE** *(Alchemilla vulgaris)*—For excessive menstruation and flooding.

450 **LAVENDER** *(Lavendula vera)*—Seldom used in medicine. Useful for wind in stomach, and as a tonic.

451 **LIFE ROOT HERB** *(Senecio aureus)*—Of great value in suppressed menstruation, chest affections, and as a tonic. Used with benefit in gravel, stone and diarrhœa.

453 **LIVERWORT** *(Peltigera canina)*—Capital remedy for disorders of liver and kidneys. May with advantage be used in coughs and lung hæmorrhage.

455 **LOBELIA** *(Lobelia inflata)* — Most valuable remedy for bronchial and pulmonary troubles. Invaluable in croup, whooping cough, asthma.

457 **LOOSESTRIFE** *(Lysimachia vulgaris)*—Useful in bleeding of mouth, nose, etc. A useful gargle for relaxed throat.

460 **LUNGWORT** *(Sticta pulmonaria)*—For coughs, and lung complaints generally. It is healing and remedial.

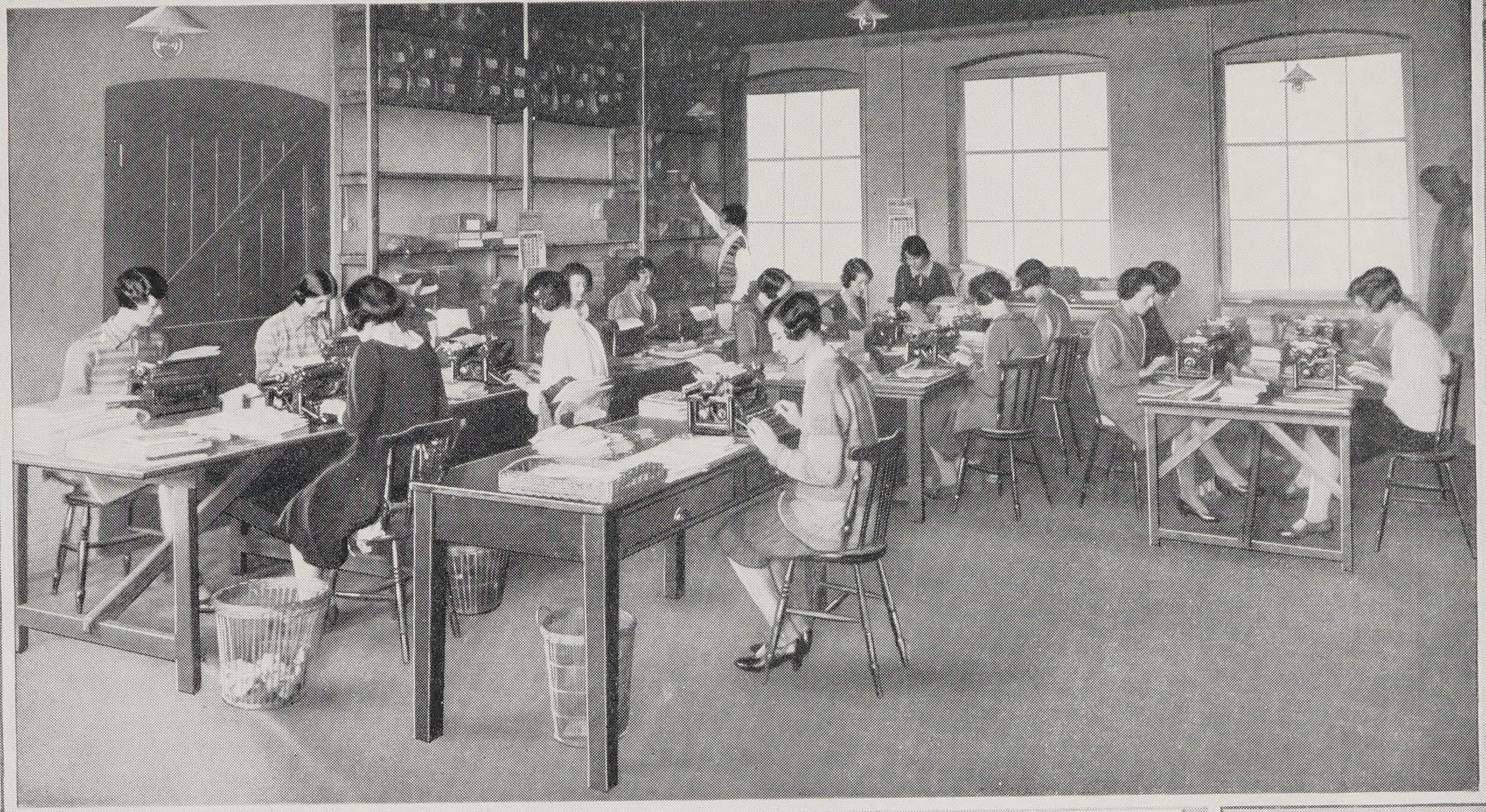
462 **MAIDENHAIR** *(Adiantum capillus veneris)*—For coughs, hoarseness and colds generally. Much used by the French.

465 **MARJORAM, WILD** *(Origanum vulgare)* — For female complaints. Promotes perspiration. Good for colds and fevers.

467 **MARSHMALLOW** *(Althea officinalis)*—An excellent remedy in coughs, colds, bronchitis, and asthma. Invaluable for poultices. Remedial in inflammation of bladder.

469 **MEADOWSWEET** *(Spiræa Ulmaria)*—A good remedy for dropsy and kidney trouble. Excellent for diarrhœa in children.

Price per packet 9d., *post free.*
*Large packet (*3 *times the former)* 1/6



· Section of Typists Department ·

Assembling & Packing Departments.

472 **MISTLETOE** *(Viscum album)*—For hysteria, epilepsy, St. Vitus dance, and other nervous complaints. A tonic especially for the heart.

474 **MOTHERWORT** *(Leonuru, cardiaca)*—For female weaknesses, hysteria, and other nerve complaints. A simple tonic for use when convalescent after fever.

477 **MOUNTAIN FLAX** *(Linum catharticum)*—Active purgative. Useful for constipation and kidney complaints combined with other herbs.

479 **MOUSEAR** *(Hieracium Pilosella)* — The common hawkweed. For whooping cough and lung trouble.

482 **MUGWORT** *(Artemisia vulgaris)*—Used mixed with equal quantities of Pennyroyal and Southernwood for female irregularities.

483 **MULLEIN** *(Verbascum Thapsus)*—For coughs and bronchial affections generally.

484 **NETTLES, STINGING** *(Urtica dioica)* — Makes a nice botanic beer. Cures nettle rash. A blood purifier and a tonic.

487 **PARSLEY PIERT** *(Alchemilla arvensis)* — For gravel, kidney and bladder complaints. Used by up-to-date doctors for these complaints.

489 **PELLITORY OF THE WALL** *(Parietaria officinalis)*—A laxative. Useful for dropsy, stone, gravel, and incontinency of urine. Used in combination with other herbs.

491 **PENNYROYAL** *(Mentha Pulegium)* — Useful in female complaints caused by chill. Safe and excellent. Also used for flatulence, sickness, spasms, and hysteria.

494 **PEPPERMINT** *(Mentha piperita)*—For sickness, vomiting, flatulence, and as cordial for infants.

495 **PERIWINKLE** *(Vinca major)*—An astringent and tonic. Has cured many cases of diabetes, and is strongly recommended by South African doctors.

496 **PILEWORT** *(Ranunculus Ficaria)*—Used for piles, internally as medicine and externally in the form of ointment.

499 **PLANTAIN** *(Plantago major)*—Fresh leaves relieve insect stings. Used internally for diarrhœa, piles, and in blood medicines.

501 **RAGWORT** *(Senecio Jacobœa)*—For coughs, colds, etc. Relieves sciatica and rheumatism. Applied externally to ulcers, etc.

Price per packet 9d., *post free.*
Large packet (3 times the former) 1/6

503 **RASPBERRY** *(Rubus Idæus)*—A gargle for sore throat, etc., and a wash for ulcers and wounds. The tea is a great help if drunk freely before and during confinement.

505 **RED SAGE** *(Salvia officinalis)*—A gargle for relaxed throat and tonsils. Excellent for ulceration of mouth and throat.

508 **ROSEMARY** *(Rosmarinus officinalis)*—Used for stomach and nerves. Generally cures headache. Good hair stimulant.

510 **RUE** *(Ruta graveolens)*—A safe medicine for female complaints and hysteria.

512 **RUPTUREWORT** *(Herniaria glabra)* — Especially useful for catarrh of the bladder.

515 **SANICLE** *(Sanicula Europœa)* — For blood disorders, dysentery, and diarrhœa.

516 **SENNA LEAVES** *(Cassia acutifolia)*—Aperient, and probably the best cleanser of the alimentary tract. It is better to use a little ginger when preparing.

517 **SCULLCAP** *(Scutellaria lateriflora)* — The most valuable nerve medicine yet discovered for St. Vitus dance, hysteria, convulsions, and all nervous disorders.

518 **SCURVY GRASS** *(Cochlearia officinalis)* — As its name implies, it is excellent in the treatment of scurvy and other skin affections.

519 **SCABIOUS** *(Scabiosa succisa)* — Makes a useful tea for coughs, fevers and internal inflammations.

520 **SELFHEAL** *(Prunella vulgaris)*—Cures sore and relaxed throat. Also for internal bleeding, etc.

523 **SHEPHERD'S PURSE** *(Capsella Bursa-pastoris)* — For kidney complaints, dropsy, etc., and for chronic diarrhœa.

526 **SOAPWORT** *(Saponaria officinalis)* — For scrofula and skin diseases generally. Superior to Sarsaparilla.

528 **SOUTHERNWOOD** *(Artemisia Abrotanum)*—For purely female complaints, this is an admirable remedy. Also as a remedy for worms.

529 **SORREL** *(Rumex Acetosa)*—A cooling mixture of great use in kidney complaints. An excellent cooling drink in fevers. Leaves are occasionally eaten as a salad.

Price per packet 9d., *post free.*
*Large packet (*3 *times the former)* 1/6

531 **SPEARMINT** *(Mentha viridis)*—Used in compounds for its flavour. A stimulant, allays sickness and relieves flatulency.

533 **SPEEDWELL** *(Veronica officinalis)*—For colds, coughs, and catarrh. Also of use in female complaints. Good also for skin diseases.

534 **ST. JOHN'S WORT** *(Hypericum perforatum)*—Useful in coughs, colds, bronchitis, consumption, and lung diseases.

535 **TANSY** *(Tanacetum vulgare)* — Valuable in hysteria, nausea, etc., and in kidney weakness. Also for the expulsion of worms in children.

538 **THYME** *(Thymus vulgaris)*—Generally used in combination with others. A tonic, and antiseptic.

540 **UVA URSI** *(Arctostaphylos Uva-ursi)* — Specific for all complaints of kidneys and urinary organs.

542 **VERVAIN** *(Verbena officinalis)*—For early stages of fevers, colds, etc. For fits, convulsions or similar nervous disorders.

545 **VIOLET** *(Viola odorata)* — Useful either as medicine, poultice or lotion for cancerous growths.

546 **WINTER GREEN** *(Gaultheria procumbens)* — Especially valuable in rheumatism.

547 **WOOD BETONY** *(Stachys Betonica)*—Used for dyspepsia and rheumatism. Valuable for scrofula and impurities of the blood, both as medicine and lotion.

549 **WOODRUFF** *(Asperula odorata)*—Makes a fine substitute for ordinary tea. Useful as a remedy in liver complaints.

550 **WOOD SAGE** *(Teucrium Scorodonia)* — For removing obstructions of liver and kidneys.

552 **WORMWOOD** *(Artemisia Absinthium)* — A good remedy for enfeebled digestion and consequent debility. Also useful to expel worms in children.

553 **WOUNDWORT** *(Stachys palustris)*—Bruised leaf heals a bleeding wound. Useful for fits. Relieves gout and cramp, and if taken internally stops internal bleeding and dysentery.

555 **YARROW** *(Achillea millefolium)* — For colds, promoting perspiration, and for commencement of fevers. Composition Essence should be used with it.

Price per packet **9d.**, *post free.*
Large packet (3 times the former) **1/6**

BARKS.

556 **ALDER** *(Prinos Verticillatus)*—Very similar to Cascara, to which many people prefer it. An excellent aperient.

557 **ASH** *(Fraxinus Excelsior)*—Laxative and purgative. Used largely in intermittent fevers, ague, etc.

558 **BARBERRY BARK** *(Berberis vulgaris)* — Jaundice and liver complaints. Useful in indigestion and constipation.

560 **BAYBERRY BARK** *(Myrica cerifera)*—A powerful tonic. Forms the basis of Composition Powder. Excellent for chills, cramps, etc. Cures canker of stomach and bowels.

561 **BIRCH** *(Betula alba)*—A bitter astringent. Used for skin diseases and eczema. Can be used internally or externally.

562 **BOXWOOD BARK** *(Cornus florida)*—For headaches and exhaustion. Of great use in fevers.

565 **CASCARA BARK** *(Rhamnus Purshiana)*—For the cure of chronic dyspepsia, indigestion, constipation and piles.

567 **CASCARILLA BARK** *(Croton Eleuteria)* — For use in diarrhœa, dyspepsia, flatulence. Also during convalescence from acute diseases. Stops vomiting.

569 **CHERRY BARK** *(Prunus Virginiana)*—Used in combination with other herbs for blood purifying, lung diseases and derangements of bladder and liver.

572 **CINNAMON BARK** *(Cinnamomum Zeylanicum)*—Useful as a stimulating cordial in weakness of the stomach and diarrhœa. Stops nausea and vomiting.

573 **COTO PARA** — An antiseptic and astringent. Excellent for intestinal catarrh, diarrhœa, and dysentery.

574 **HEMLOCK SPRUCE OR CANADIAN PINE BARK** *(Tsuga Canadensis or Pinus Canadensis)* — Useful as an astringent injection in certain female complaints. May also be used as medicine.

575 **OAK BARK** *(Quercus Robur)* — As a gargle for bad throats. Lotion for ulcers.

576 **MAGNOLIA** *(Magnolia Virginiana)* — Good stimulant. Useful in malaria. Is popular as a rheumatism cure.

Price per packet 9d., *post free.*
Large packet (3 times the former) 1/6

577 **PERUVIAN BARK** *(Cinchona succirubra)*—A well-known powerful tonic. Extensively used in neuralgia, dyspepsia, and debility. Over-doses sometimes cause headache and giddiness.

578 **POMEGRANATE** *(Punica Granatum)*—Largely used as a remedy for tape worm. Special directions will be sent with the package.

580 **POPLAR BARK** *(Populus tremuloides)* — Has all the powers of Peruvian Bark with none of the drawbacks. May be freely used.

582 **PRICKLY ASH BARK** *(Xanthoxylum Americanum)*—Of use wherever a general stimulant is required. Especially useful in rheumatism and certain skin diseases.

584 **SASSAFRAS BARK** *(Sassafras officinale)*—For rheumatic complaints and eruptive diseases. Has often a curative effect in goitre.

585 **SLIPPERY ELM** *(Ulmus fulva)*—This bark makes the best healing poultice for suppurated wounds. Generally used in conjunction with Marshmallow. The powdered bark (see No. 831) made into gruel is an excellent help in inflammatory complaints of the stomach.

587 **WILLOW BARK** *(Salix alba)*—Has been effectively used in fevers of rheumatic origin. Good also in cases of diarrhœa and dysentery.

589 **WITCH HAZEL BARK** *(Hamamelis Virginiana)* — Most valuable in cases of internal bleeding, external wounds and sores and piles. Used also in soaps and ointments.

590 **JAMAICA DOGWOOD** *(Piscidia Erythrina)* — A nerve sedative. Relieves toothache. Largely used for coughs. Help in insomnia and nerve pain.

591 **FRINGETREE ROOT-BARK** *(Chionanthus Virginica)*—Nerve tonic, and also for kidney trouble. Quickly cures jaundice.

FLOWERS.

591a **CACTUS FLOWERS** *(Cereus grandiflorus)* — Cardiac tonic. Relieves palpitations and neuralgia. A very suitable remedy in prostatic disorders and bladder troubles.

592 **CHAMOMILE FLOWERS** *(Anthemis nobilis)*—Combined with Poppy Heads make a splendid poultice for allaying pain. Useful as digestive tonic and for debility.

Price per packet **9d.**, *post free.*
Large packet (3 times the former) 1/6

595 **CLOVER (Red) FLOWERS** *(Trifolium pratense)*—Used for coughs, etc., and in the treatment of cancer.

598 **ELDER FLOWERS** *(Sambucus nigra)*—Useful in urinary troubles, rheumatism, gout, dropsy, colds, etc.

601 **HOP FLOWERS** *(Humulus Lupulus)*—Valuable tonic for stomach and nerves. Also for indigestion and worms.

603 **LIME FLOWERS** *(Tilia Europœa)*—A remedy for catarrhal and nervous complaints.

606 **MARIGOLD FLOWERS** *(Calendula officinalis)*—Internally for fevers, promoting perspiration and prevents suppuration.

608 **SAFFLOWER** *(Carthamus tinctorius)*—Useful for female irregularities, fevers, and eruptive skin complaints.

ROOTS.

611 **BETH ROOT** *(Trillium pendulum)*—For blood in urine and menstrual irregularities.

612 **BISTORT ROOT** *(Polygonum Bistorta)* — An astringent. Exceedingly useful in dealing with hæmorrhoids.

613 **BLACK COHOSH ROOT** *(Cimicifuga racemosa)* — For rheumatism, female complaints, and glandular swellings. In children for diarrhœa and whooping cough, and St. Vitus dance.

615 **BLOOD ROOT** *(Sanguinaria Canadensis)* — An external remedy for ringworm and fungoid growths. As snuff for nasal polypus, use No. 857.

617 **BLUE COHOSH ROOT** *(Caulophyllum thalictroides)*—An excellent remedy in rheumatic affections and menstrual irregularities.

618 **BLUE FLAG ROOT** *(Iris versicolor)*—For liver complaints and dropsy. Forms a part of most blood medicines.

620 **BRYONY (Black) ROOT** *(Tamus communis)*—Used for removing colour from bruises. Makes an excellent dressing for rheumatism, gout, etc.

622 **BRYONY (White) ROOT** *(Bryonia alba)*—In small doses good for coughs, colds, bronchitis, pneumonia.

624 **BURDOCK ROOT** *(Arctium Lappa)* — For scurvy and other eruptions. Useful also in kidney complaints.

627 **CALUMBA ROOT** *(Jateorhiza Calumba)*—Valuable in the treatment of dyspepsia, weakness of stomach, etc.

Price per packet **9d.,** *post free.*
Large packet (3 times the former) 1/6

629 **COMFREY ROOT** *(Symphytum officinale)*—Fine medicine for chest complaints. Usually used in combination with others. Excellent for poulticing obstinate ulcers.

632 **COUCH GRASS ROOT** *(Agropyrum repens)* — Useful in cystitus, nephritis, and bladder complaints generally. Also for gout and rheumatism.

634 **CRANESBILL ROOT** *(Geranium maculatum)* — Infantile cholera and diarrhœa. Also used to stop internal bleeding. An astringent and tonic for the kidneys.

637 **DANDELION ROOT** *(Taraxacum officinale)* — A popular remedy for kidney and liver complaints.

642 **ECHINACEA ROOT** *(Echinacea augustifolia)* — A blood purifier of great power. For boils, carbuncles, internal and external. Improves digestion.

644 **ELECAMPANE ROOT** *(Inula Helenium)* — For lung troubles. Also a good urinary medicine.

645 **ERYNGO ROOT** *(Eryngium campestre)*—Useful in kidney trouble and irritant coughs. Also useful in bladder troubles.

646 **GALANGAL ROOT** *(Alpinia officinarum)* — This root is especially useful in dyspepsia, preventing fermentation and removing flatulence.

647 **GENTIAN ROOT** *(Gentiana lutea)*—One of the best tonics. May be used in all cases of weakness, whether digestive, nervous, or anæmic.

649 **GINGER ROOT** *(Zingiber officinale)* — Used generally with other herbs for colds, spasms, flatulence, etc.

651 **GOLDEN SEAL ROOT** *(Hydrastis Canadensis)*—An excellent tonic and a splendid specific for liver and digestive complaints. 2/6 per ounce.

654 **GRAVEL ROOT** *(Eupatorium purpureum)* — For gravel, stone in bladder, and urinary complaints generally.

656 **IPECACUANHA ROOT** *(Psychotria Ipecacuanha)*—Used for coughs, colds, and dysentery. Produces perspiration. 2/6 per ounce.

659 **JALAP ROOT** *(Ipomaea purga)*—Useful in constipation, colic, and torpidity of bowels.

660 **LADIES' SLIPPER ROOT** *(Cypripedium pubescens)*—Allays pain, induces sleep, and is of great service in headache, neuralgia, hysteria and most nervous disorders.

661 **LILY OF THE VALLEY ROOT** *(Convallaria majalis)*—In small doses for dropsy and valvular heart disease.

Price per packet 9d., *post free.*
Large packet (3 *times the former*) 1/6

663 **LILY (White Pond) ROOT** *(Nymphæa odorata)*—Used internally for bowel hæmorrhage. Externally as lotion for bad legs and ulcers. In putrid sore throat as a gargle.

666 **LIQUORICE ROOT** *(Glycyrrhiza glabra)* — For coughs, hoarseness, colds, etc.

669 **LOVAGE ROOT** *(Levisticum officinale)* — For stomach, liver and kidney troubles.

671 **MALE-FERN ROOT** *(Dryopteris Filix mas)*—For the expulsion of tape worms. Best taken in capsule form. 4 for 1/9

671a **MANDRAKE ROOT** *(Podophyllum peltatum)*—A powerful medicine, exercising an influence on every part of the body. Small doses frequently given are the best. An excellent remedy for scrofulous and dyspeptic complaints.

672 **MARSHMALLOW ROOT** *(Althea officinalis)*—For poultices and ointments. Asthma, dysentery and kidney trouble.

672a **MASTERWORT ROOT** *(Imperatoria ostruthium)* — A good remedy for flatulence and indigestion. A fine stimulant, useful in fits. It is also used for menstrual trouble.

672b **PAREIRA ROOT** *(Chondrodendron tomentosum)*—A useful aperient, with very beneficial effects on the kidneys. It has wonderful effects in bladder and urinary complaints.

672c **PARILLA ROOT, YELLOW** *(Menispermum Canadense)* —One of the most valuable of blood purifiers. For skin affections and cutaneous diseases generally.

673 **PLEURISY ROOT** *(Asclepias tuberosa)*—Valuable in all chest trouble, especially pleurisy.

673a **QUEEN'S DELIGHT ROOT** *(Stillingia sylvatica)*—An aperient with tonic properties, and also useful for blood purifying. Should not be used alone.

674 **RED DOCK ROOT** *(Rumex aquaticus)* — For cleansing ulcers in the mouth. Powdered for teeth.

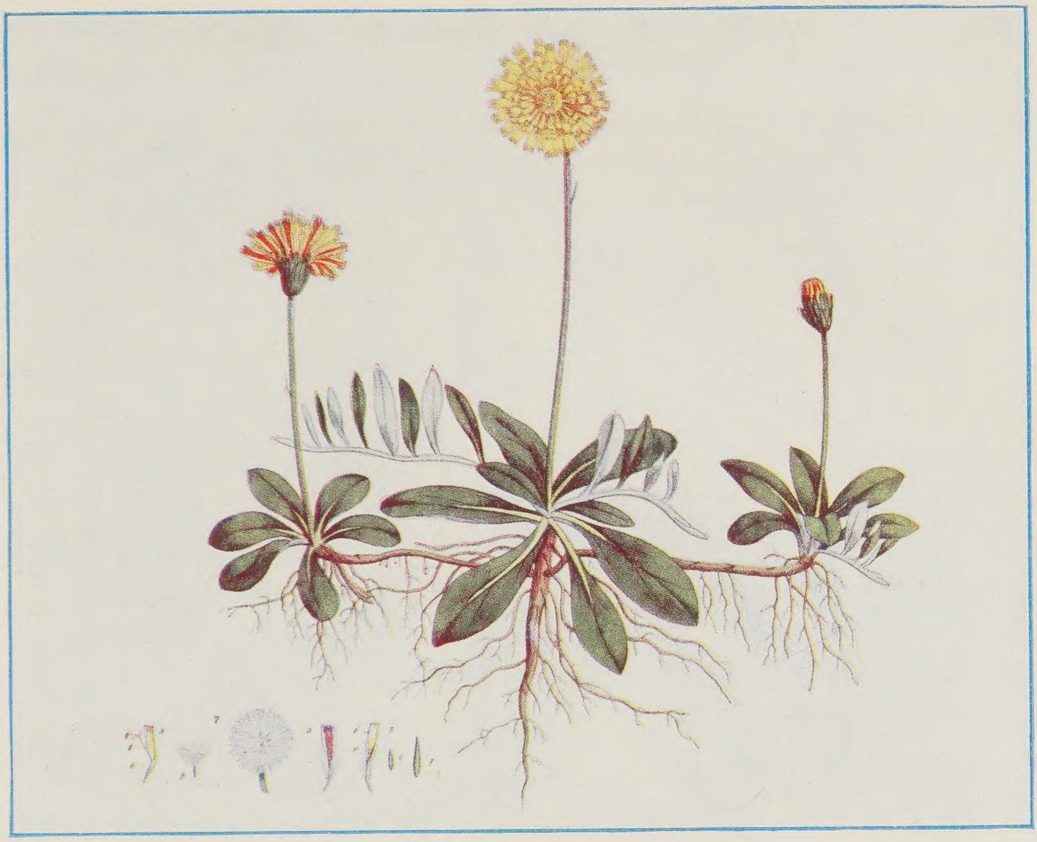
676 **RHUBARB ROOT** *(Rheum palmatum)*—Small dose will cure diarrhœa. Large dose is a safe aperient.

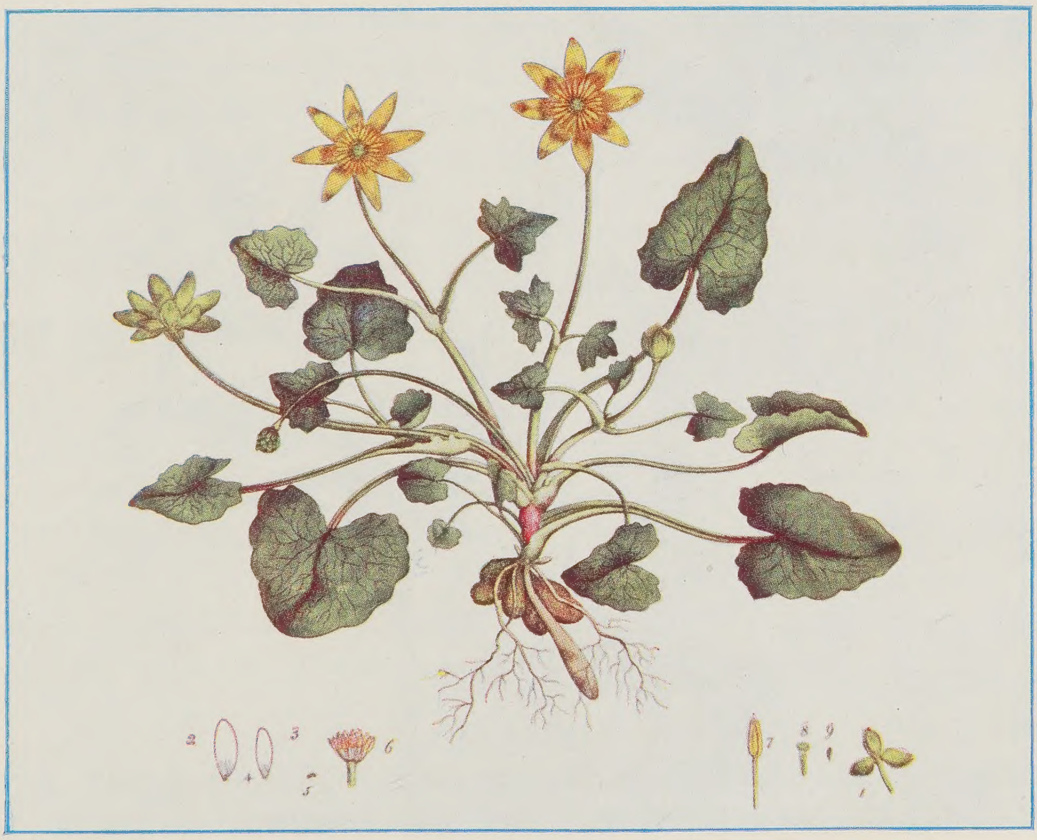
677 **SARSAPARILLA ROOT** *(Smilax ornata)*—General purifier for the blood.

678 **SKUNK CABBAGE ROOT** *(Symlocarpus foetidus)* — Is used with other herbs in the preparation of fever powders.

679 **SNAKE ROOT** *(Aristolochia Serpentaria)* — Very efficacious in feverish conditions. Also antispasmodic tonic and nervine in action.

Price per packet 9d., *post free.*
Large packet (3 times the former) 1/6

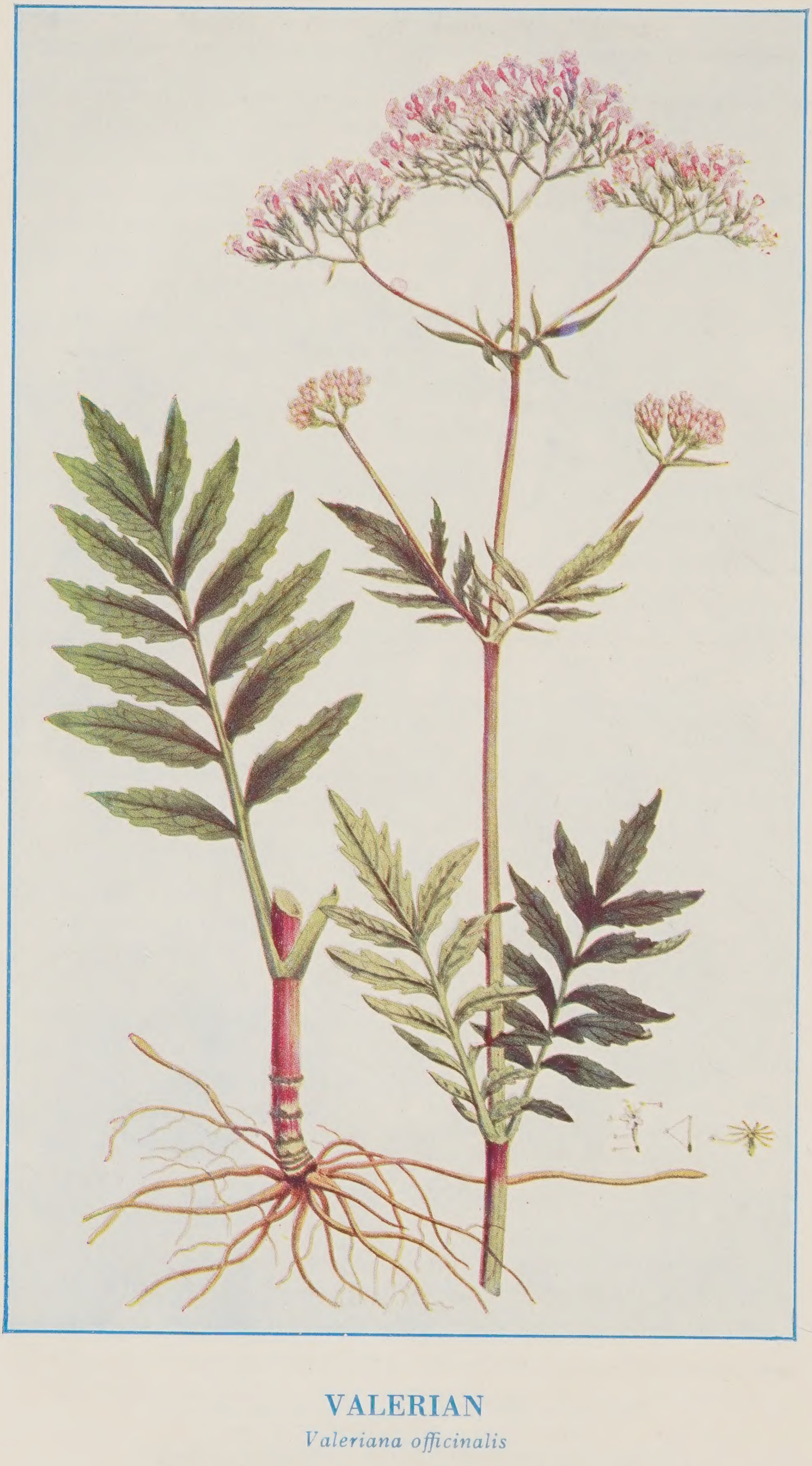




Top Half—**MOUSEAR** *Hieracium Pilosella*

Bottom Half—**PILEWORT** *Ranunculus Ficaria*

Reproduced from *Flora Londinensis*, by William Curtis, published 1790.



VALERIAN

Valeriana officinalis

Reproduced from *Flora Londinensis*, by William Curtis, published 1790.

680 **SOLOMON'S SEAL ROOT** *(Polygonatum multiflorum)*—Good in fluor albus and female weakness. Of use also in pulmonary trouble. Excellent poultice for piles, bruises, etc.

680a **TORMENTIL ROOT** *(Potentilla Tormentilla)*—For diarrhœa, dysentery, etc. Good for ulcers, old sores, cuts, etc.

680b **UNICORN ROOT, FALSE** *(Chamaelirium luteum)* — A good tonic in dyspepsia and general weakness.

681 **VALERIAN** *(Valeriana officinalis)*—For St. Vitus dance, epilepsy, and nervous complaints.

682 **WAKE ROBIN ARUM ROOT** *(Arum triphyllum)* — Excellent for croup, whooping cough, bronchitis, laryngitis, tonsilitis, etc.

683 **YELLOW DOCK ROOT** *(Rumex crispus)*—Excellent for skin diseases, rheumatism, liver trouble, piles, etc.

BERRIES.

684 **JUNIPER BERRIES** *(Juniperus communis)*—Excellent for the kidneys and dropsy.

685 **PRICKLY ASH** *(Xanthoxylum Americanum)* — Useful in scurvy, rheumatism, paralysis. It is also of use in skin diseases, and as an anti-spasmodic.

686 **SAW PALMETTO** *(Sera serrulata)*—Highly recommended for all wasting diseases. It is a remarkable strength builder, and a great restorer of lost energy and vitality. Should also be used in cases of consumption.

687 **SUMACH BERRIES** *(Rhus glabra)* — Good in putrid fevers, and as a gargle for the throat. Useful also in kidney and bladder trouble.

WOOD.

689 **QUASSIA CHIPS** *(Picraena excelsa)*—For dyspepsia and feeble digestion. Also to expel worms.

692 **GUAIACUM RASPINGS** *(Guaiacum officinale)*—For gout, rheumatism, and impurities of the blood.

SEEDS.

695 **ANISE SEED** *(Pimpinella Anisum)*—Used in cough medicines and lozenges.

698 **BURDOCK SEED** *(Arctium Lappa)*—One of the best blood purifiers. Often used with other herbs for this purpose.

Price per packet 9d., *post free.*
Large packet (3 times the former) 1/6

699 **CARAWAY** *(Carum Carvi)*—Carminative and stimulant. Used for children's ailments, especially disorders of stomach.

700 **CAYENNE SEED** *(Capsicum minimum)*—The most certain of all herbal stimulants. Produces natural warmth and an equal circulation. No inflammatory effects.

701 **CELERY** *(Apium graveolens)*—Excellent for rheumatism and kidney complaints generally. Also used as a tonic.

702 **CORIANDER SEED** *(Coriandum sativum)*—Excellent for flatulence. Useful for mixing with other stomach medicines for this purpose.

705 **FENNEL SEED** *(Foeniculum dulce)*—A stimulant and stomach medicine. Usually mixed with other medicines to counteract certain unpleasant effects.

706 **JAMBUL SEED** *(Eugenia Jambolana)*—Useful for diabetes in its early stages. Many cures have been effected by it.

KOLA NUT *(Cola vera)*—A good tonic for the nerves, and a safe and reliable remedy for muscular weakness of the heart. N.B.—This can only be supplied in the powdered form (see No. 821).

708 **LINSEED** *(Linum usitatissimum)*—Used largely in cough mixtures. When ground, makes an excellent poultice. Oil extracted useful for scalds, burns, etc.

710 **LOBELIA SEED** *(Lobelia inflata)*—Valuable in all chest and pulmonary complaints.

712 **MUSTARD SEED** *(Brassica alba)*—Good for indigestion, flatulence, costiveness, colic. Also for dropsy.

715 **NETTLE SEED** *(Urtica dioica)*—Used in consumption, and as a blood medicine.

717 **POPPY CAPSULES** *(Papaver somniferum)*—Anodyne and narcotic. The heads are used with Chamomile Flowers to make an excellent poultice. The steam is also inhaled for the alleviation of toothache and neuralgia.

719 **SENNA PODS** *(Cassia acutifolia)*—Aperient, and probably the best cleanser of the alimentary tract.

GUMS, RESINS, Etc.

725 **ASAFETIDA** *(Ferula fœtida)*—A stimulant and an expectorant. For infants, it is of use in convulsions, croup, etc. It relieves gastritis and some nervous convulsions. It is usually taken in pill form.

729 **MANNA** *(Fraxinus ornus)*—A laxative, which is also a strengthening food. It is very useful for sick children.

731 **MYRRH** *(Commiphora Myrrha)*—A decoction made from the gum resin for sore or ulcerated throats, thrush, etc., makes an excellent gargle and mouth wash.

Price per packet 9d., *post free.*
*Large packet (*3 *times the former)* 1/6

SUPPLEMENTARY LIST OF HERBS, FLOWERS, ROOTS, Etc., FOR MEDICINAL AND CULINARY PURPOSES.

951 **ASH LEAVES** *(Fraxinus excelsior)*—Laxative and purgative. Useful in cases of gout and rheumatoid arthritis.

953 **BLACK WILLOW BARK** *(Salix nigra)*—Useful in the treatment of ovarian disorders, and as a poultice in powdered form (see No. 841) in gangrene and indolent ulcers.

955 **BORAGE** *(Borago officinalis)* — For fevers and chest trouble. A good poultice for inflammation.

957 **CHERRY STALKS** *(Prunus avium)* — A useful tonic and astringent.

959 **CLARY** *(Salvia Sclarea)* — For indigestion. Good eye lotion.

961 **CLOVES** *(Eugenia caryophyllata)*—Used with herbs as an aromatic. It has stimulating properties.

963 **COWSLIP FLOWERS** *(Primula veris)* — Tea made from Cowslip Flowers is an excellent after-supper drink for insomnia.

965 **ELDER LEAVES** *(Sambucus nigra)*—Excellent for urinary irregularities and epilepsy.

967 **GOUTWORT** *(Aegopodium Podagraria)* — For aching gouty and sciatic pains.

969 **HENNA LEAVES** *(Lawsonia alba)*—Used as a dye for the hair. In India for smallpox, leprosy, etc.

973 **ORRIS ROOT** *(Iris Florentina)* — Of no remedial value. Used in tooth pastes, powders, etc., for fragrance.

975 **POKE BERRIES** *(Phytolacca decandra)*—Valuable for use in cases of chronic rheumatism, ulcers, ringworm and other complaints.

976 **POKE ROOT** *(Phytolacca decandra)* — Same action as berries, but rather stronger.

977 **SILVERWEED** *(Potentilla anserina)* — Useful as an astringent. Has also tonic properties.

Price per packet 9d.*, post free.*
Large packet (3 times the former) 1/6

H. & H. HERBS IN POWDERED FORM.

So many of our customers have applied to us for Herbs in the form of powder that we feel compelled to put them in our list. We believe that the taking of Herbal Remedies in powdered form is more convenient than making the tea. Half-teaspoonful of the powder stirred into half-teacupful of boiling water, and allowed to stand until cool. The clear liquid can then be taken. The only advantage gained is in the saving of time, but as many of our customers prefer this way of taking the medicine, we are very pleased to offer the undermentioned Herbs, Seeds, Barks, Flowers, Roots, Berries and Woods in this form. Our customers may be assured that in the case of these powders only the finest and best samples of Herbs are used. We are sorry to say that often only the old Herbs are used for grinding purposes, and in that case most of their virtues have already departed. Those who are in the habit of using Herbs in powdered form will be pleased to know that they can get them from us in the best condition.

HERBS.

730	AGRIMONY
739	AVENS
740	ARRACH
741	BALM
743	BUCHU
746	BONESET
749	BROOM
750	BUCKBEAN
751	BUGLE
752	CARROT, WILD
755	CENTAURY
757	CHAMOMILE
758	COLTSFOOT
759	CUDWEED
761	FIGWORT
762	FUMITORY
764	GROUND IVY
765	HOLY THISTLE
767	HOREHOUND
770	HYSSOP
771	LADIES' MANTLE
772	LIFE ROOT
773	LIVERWORT
779	MEADOWSWEET
780	MISTLETOE
781	MOTHERWORT
782	MUGWORT
783	MULLEIN
784	NETTLES
785	PARSLEY PIERT
786	PELLITORY OF THE WALL

All the above, 1/- *per package.*

H. & H. HERBS IN POWDERED FORM
(continued)

HERBS—*contd.*

787 PENNYROYAL
788 PEPPERMINT
789 RAGWORT
790 RUE
791 RED SAGE
794 RASPBERRY
795 ST. JOHN'S WORT
796 SANICLE
797 SCULLCAP
798 SENNA
800 SOUTHERNWOOD
801 SPEARMINT
803 TANSY
806 VERVAIN
808 UVA URSI
809 WOOD BETONY
810 WORMWOOD
812 YARROW

SEEDS.

814 CARAWAY
815 CAYENNE
816 CELERY
817 CORIANDER
818 FENNEL
821 KOLA NUT
822 LINSEED
823 NETTLE
824 ANISEED

BARKS.

826 BARBERRY
827 BAYBERRY
829 CASCARA
830 CINNAMON
831 ELM, SLIPPERY
833 OAK
836 PERUVIAN
837 POPLAR
838 PRICKLY ASH
839 SASSAFRAS
840 WILLOW (White)
841 WILLOW (Black)
842 WITCH HAZEL

FLOWERS.

843 HOPS
845 LIME
848 CHAMOMILE
851 ELDER

ROOTS.

854 BURDOCK
857 BLOOD
859 CALUMBA
860 COMFREY
861 COUCH GRASS
863 CRANESBILL
866 DANDELION
867 DOCK ROOT (RED)
869 GENTIAN
872 GINGER
873 GOLDEN SEAL (2/6 per oz.)
874 GRAVEL
875 LILY OF THE VALLEY
878 WHITE POND LILY
881 LIQUORICE
882 MALE FERN
884 MARSHMALLOW
886 PLEURISY
887 RHUBARB
890 SARSAPARILLA
891 SOLOMON'S SEAL
893 TORMENTIL
896 VALERIAN
899 YELLOW DOCK

BERRIES.

905 JUNIPER BERRIES
910 PRICKLY ASH
912 SAW PALMETTO
914 SUMACH

WOODS.

920 GUAIACUM
921 QUASSIA

All the above, 1/- *per package.*

Lemon Groves in Sicily.

Our Managing Director, Mr. James Ryder, recently travelled to various countries in Southern Europe for the purpose of making enquiries into the cultivation, preparation and export of many Herbs and vegetable products which are used in our business.

Among other countries, he visited Italy, Greece, and the Island of Sicily ; his object being an examination of the growth and preparation of the Olive and the Lemon.

The most interesting part of his journey was that which he spent in the Island of Sicily, where he travelled many miles through forests of Lemon trees laden with rich golden fruit, such fruit, indeed, as he has never seen in this country. The Lemon groves were very beautiful ; ripe, luscious, golden lemons being profusely borne upon the trees, and contrasting harmoniously with the dark green leaves. In some parts the crop was being gathered, and heaps of ripe fruit were lying under the shadow of the trees.

This fruit was afterwards carried to the crushing mills, where the whole fruit was pressed, the juice being placed in large barrels. In this form it was exported to various parts of the world, and from this source comes the Lemon Juice which Heath & Heather supply to their customers.

We would point out that this Lemon Juice contains not only the essence of the pulp, but the essence also of the rind and pips, which render it exceedingly valuable from a medicinal point of view. On arriving in this country, the juice is clarified and bottled.

(*See also page* 88.)

H. & H. Superior Hygienic Crepe Paper Handkerchiefs.

No. 1,000

At the request of our many customers and to supply the public with a very necessary want, we are now able to offer for sale Paper Handkerchiefs manufactured by a special process. These handkerchiefs are not to be confused with the ordinary and cheaper ones offered for sale to the public elsewhere. They are neatly packed in boxes containing twenty-five. Each handkerchief is made from several layers of very soft and absorbent paper, which at the same time is very strong. A new feature of these handkerchiefs is that they are *waterproof* and possess a distinct advantage over the ordinary paper handkerchief, in addition to which they are impregnated with *antiseptics*.

Neat and refined in appearance, the handkerchiefs are already commanding heavy sales.

For those troubled with Catarrh, Hay Fever, Influenza and Feverish Colds which necessitate the frequent use of fresh, clean linen handkerchiefs, these antiseptic paper handkerchiefs will prove a boon and, unlike ordinary linen handkerchiefs, will not spread colds whenever removed from the pocket. When each handkerchief has served its purpose it may be thrown on the fire or put down a drain. As the handkerchiefs are completely soluble the drain cannot become blocked up.

Everyone should keep a box of these handkerchiefs by them for immediate use.

PER BOX OF 25 HANDKERCHIEFS
Post **1/6** Free

TESTIMONIALS.

My work ('bus driving) does not admit of my having meals at regular times, and the natural outcome of this has been to make me a chronic dyspeptic. I have just been discharged from the hospital as more or less hopeless, and I can assure you in all sincerity that three shillings' worth of your Indigestion Mixture has done me more good in a fortnight than all the bismuth, soda and emulsions have done in a year.—E.N.—3333.

My wife has been taking your Herbs for stone in the kidney. I am glad to say she parted with two small pieces about a month ago, and last Sunday she parted with one about the size of a pea, which the hospital authorities call a real stone. Last Tuesday she underwent an X-ray examination. Last Thursday we got a report to say she was all clear and there was no sign of any more stones.—H.H.—3887.

An Army of Defence.

Disease germs generally attack the system by obtaining a foothold first of all in the throat, nose or some other susceptible part of the body. From this vantage point they pour out their virus into the blood, which carries it to all parts of the system.

Now there exists in our bodies a perfect army of defence against the inroads of these virulent enemies, and that army is sustained and stationed in our blood. Here we have the red and white corpuscles, the first building up the tissues of the body, and giving it nervous energy to resist disease, the latter attacking the bacilli in their strongholds and killing them.

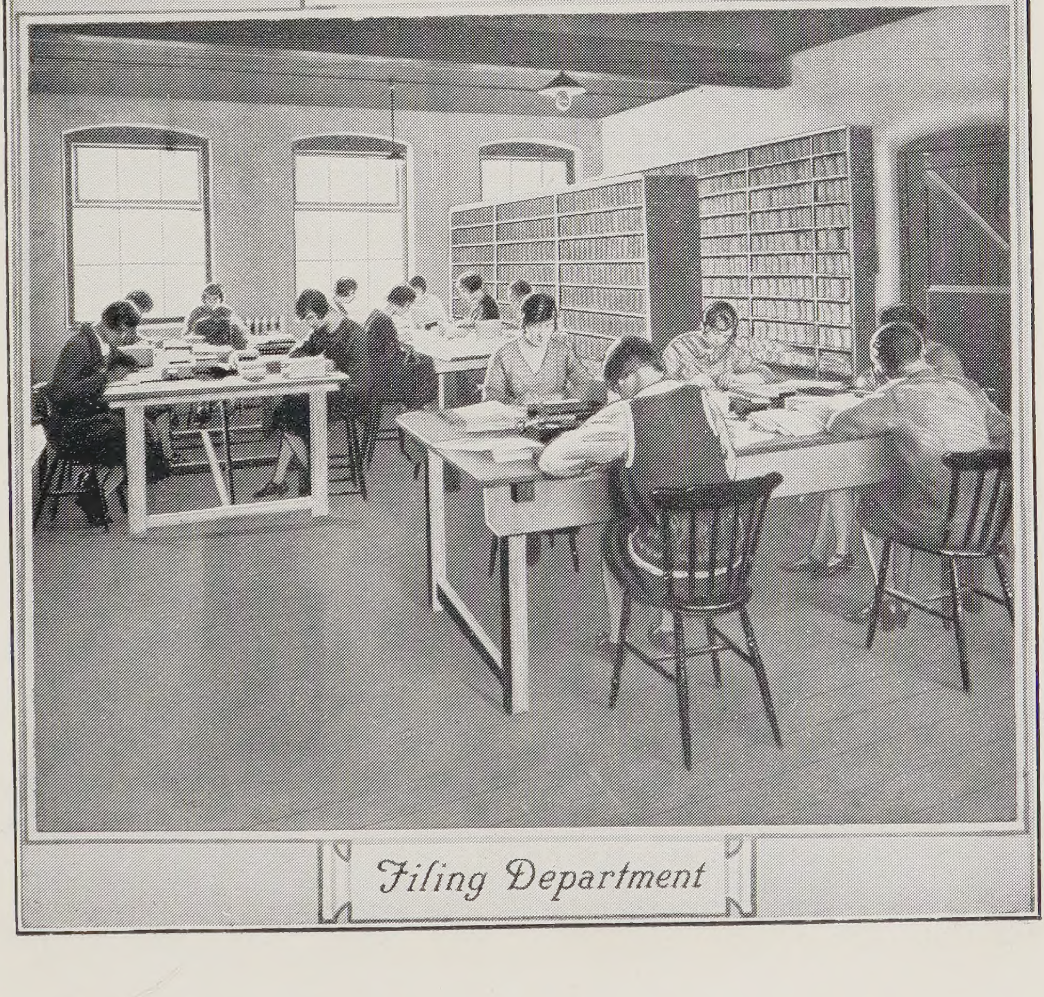
This defensive army must be kept up and strengthened in order that it may effectively deal with all these foes ; and the duty of each individual is to keep his blood so pure and its corpuscles so virile and active that no disease germ, however malevolent, would be able to obtain a hold on the system.

Our Health and Blood Purifying Herbs are, when taken in conjunction, the best strengtheners and maintainers of this useful and necessary army ; and when once the blood has been purified, no disease can touch the body. Users of these Herbs may be quite certain that, having fortified themselves in Nature's way, no disease, however rife, can break through their strong defences.

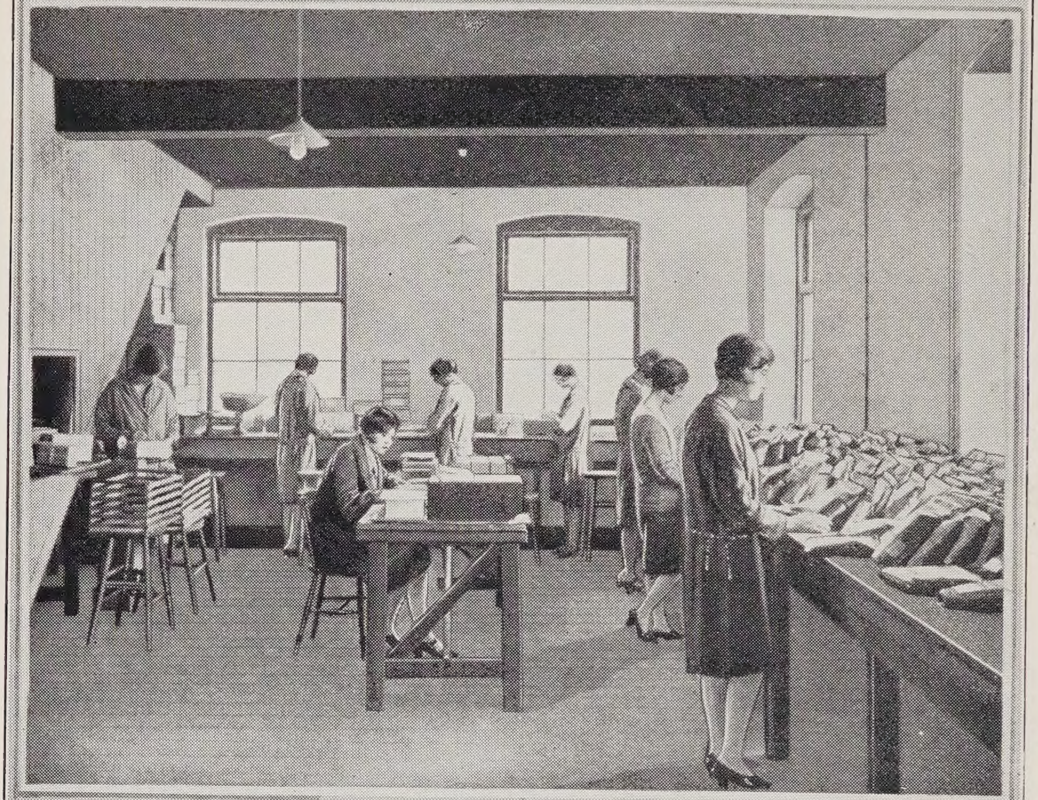
TESTIMONIAL.

I feel happy to say that after fourteen days' treatment I am considerably better than I have been for three years. The three shillings spent on your valuable Liver Herbs has done me more good than the expensive treatment in the past. My doctor himself was more than a little surprised at the change. It is so wonderful, and it makes me ever so grateful after such long suffering.—G.S.—3339.

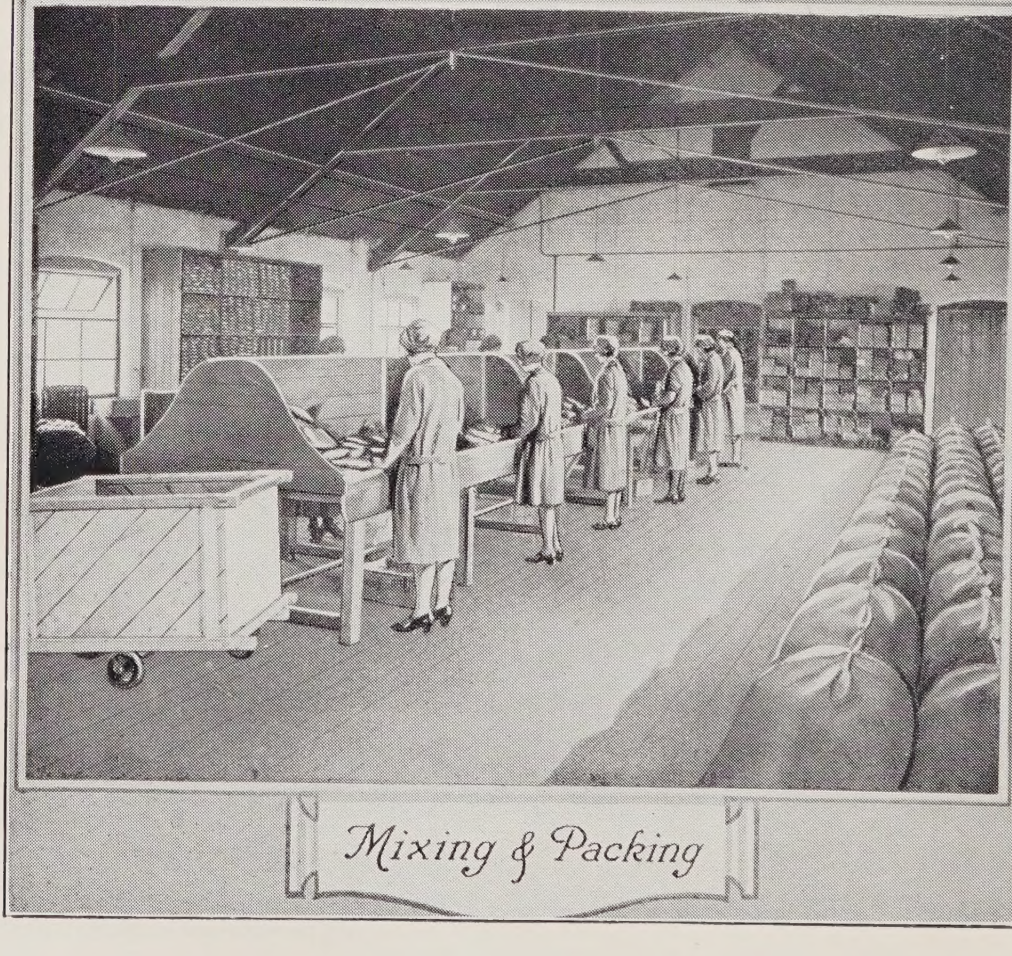
Circularising Dept.



Filing Department



Postal Department



Mixing & Packing

The Romance of Heath & Heather.

BY A PROMINENT ST. ALBANS CITIZEN.

During recent years, many eminent scientists, together with members of the medical profession and others directly concerned with the question of national health, have watched with sympathetic interest the growth of a movement to purge the practice of herbal medicines from the long existing taint of "quackery," and to establish an authentic and recognised centre from which standardised supplies of herbal remedies may be obtained by the medical practitioner and the general public. I have pleasure, therefore, in giving a brief outline of the business which has, more than anything else, been a potent factor in bringing about this changed attitude.

As you approach the old city of St. Albans, travelling north from London, you may see, almost adjoining the L.M.S. City Station, a huge four-storied building, whose red-brick walls proudly carry the message that here is the home of Heath & Heather, Ltd., a firm practically unknown ten years ago, and now ranked as the largest distributors of medicinal herbs in this or any other kingdom.

Barely eleven years have elapsed since that fateful day, in the most unpretentious premises (little more than a converted cottage), when Mr. James Ryder, a retired schoolmaster, took off his coat and laid the foundations of one of the most remarkable and, in a sense, romantic concerns known to the world of commerce.

Romance and, indeed, phantasy stood as fairy godmothers at the birth of this now tremendous undertaking.

For can any one reasonably imagine anything more fantastic than the idea that a schoolmaster, having retired upon a modest and, as it proved, inadequate pension, should turn to at a word and establish from the smallest beginnings a business that in a single year grew beyond all bounds of knowledge, and in less than five necessitated immediate removal to a vast building with over 24,000 square feet of floor space?

There cannot be a more romantic instance in the whole history of commerce than that a man, having spent the major portion of his leisure hours in the pursuit of a profitless hobby as far as monetary recompense was concerned, suddenly harnessing that hobby to a commercial enterprise that in a few brief years was to bring him a measure of fame far beyond his wildest dreams.

And, yet, such was the romantic commencement of Heath & Heather.

Mr. James Ryder would, I am sure, be the first to admit that he never anticipated such immediate and far-reaching results, not merely of a personal nature, but, I am proud to think, from a health point of view, of a *national* nature, in such a comparatively short time.

In a way, the first idea of establishing a central business for the supply of Herbal Remedies occurred during the late war, through supplying Herb Seeds to growers who were producing Herbs for use by the R.A.M.C. The vast quantity required was literally astounding, and led to investigating the untold value of Herbs as remedies. There was evidence of a real need for a business in Herbs, and that soundly and honourably conducted it would not only pay, but accomplish a definite and useful work.

It was then that Mr. James Ryder's unique knowledge of botany and his life-long interest in herbs and their various medicinal virtues proved of inestimable service to him. Circumstances made the next step an easy one for the formation of a business rightly conceived, and Mr. James Ryder immediately commenced an exhaustive and studious examination of the whole matter. Thus, in June, 1920, the now well-known firm of Heath & Heather made its modest start. If I were asked to provide a reason for its rapid expansion I should say, beyond doubt, the fact that Herbs are Nature's remedies and that, as such, they supply a real need, and that thousands of people were not only willing but waiting for an opportunity of purchasing them under genuine conditions from a firm whose name was an all-sufficient guarantee that the business was being conducted upon sound, straightforward and scientific lines.

THE ROMANCE ILLUSTRATED.

See Plate facing page 48.

1920—First premises, with an area of 980 superficial feet floor space.

1921-1922—Premises occupied in conjunction with our first premises, giving extra area of 2,000 superficial feet floor space.

1922-1923—The continual growth of the business necessitated the occupation of a larger and more modernly equipped building, with an area of 8,000 superficial feet floor space.

1924—To meet the still increasing demands for our Herbal Remedies and so provide for future developments, we purchased the largest warehouse in the city, which has every modern equipment, with an area of 24,000 superficial feet floor space.

TESTIMONIAL.

I am pleased to testify to the value of your No. 7 Liver cure to me. It has permanently cured :—(1) Sleepiness after heavy meal. (2) Chronic constipation during twenty years. (3) Embarrassing shyness in company. (4) Habit of depression.

Symptoms of the Cure.—(1) Alert mind. (2) Exertion without fatigue. (3) Bouyant spirits all day long. (4) Sound sleep at night. (5) Early rising without effort. (6) Fifty per cent. saved on cigarettes, sugar and lollipops. (7) Power of concentration. (8) Steady increase in weight up to normal. (9) Eagerness for work and ease in doing it. (10) "Doxology."—A.M.—3897.

Eczema and Psoriasis.

Nothing has given us greater astonishment than the evidence we have had recently of the large number of persons who are suffering from these two complaints, and we therefore consider it to be our duty to the public to make a few remarks bearing upon this matter.

We are afraid that these two complaints are often neglected, and that those who suffer become, after a time, resigned to their complaints, and regard them as chronic. When spoken to on the matter it is a common thing to hear them say, "Yes, I am subject to eczema."

In our opinion, no one should be subject to either of these diseases. They both arise from an impurity of the blood, which causes unsightly eruptions on the skin. They require somewhat the same treatment, and from our experience with those who have tried our remedies, we cannot but come to the conclusion that while psoriasis sometimes does evade a cure, in a case of eczema a cure is always attainable.

If these complaints are attacked at their inception or within a short period of their appearance, there is no doubt that a quick and certain cure is obtainable.

Our way of dealing with the matter is very simple. We first of all take steps to purify the blood by telling the sufferer to take a course of Blood Herbs (see page 29). At the same time, every night we recommend the patient to bathe the affected part of the skin thoroughly with warm water, and apply our Ointment. This is a very simple method of dealing with these complaints, but we have evidence that cases which have been treated otherwise for years, have speedily given way to our simple plan.

We believe that a cure for Eczema is attainable by these means in every case. Psoriasis is, however, a different matter. We have a special Ointment for this disease (see page 70), the composition of which we owe to information given us by one of our customers. It has been a very great success, and has done much to alleviate this complaint. We believe that if persisted with it will achieve a complete cure, but will take time. Those who suffer from either of these complaints must remember that the rule which governs diseases of all kinds is applicable to these. The longer the disease has existed, the longer it will take to cure.

Our Eczema Soap (317a) *is strongly recommended to sufferers from these skin affections.* (*See page* 85.)

Herbs *versus* Minerals.

Many scientists have already come to the conclusion that the medicines administered to man should be almost entirely derived from the vegetable kingdom, and that minerals or inorganic drugs should be almost or entirely eliminated from all internal remedies. It is usually a fact that while minerals do seemingly cure certain complaints, they invariably leave behind them injurious effects which are in many cases more serious than the original disease. This is due to the fact that their use is contrary to Nature, and Nature cannot be abused with impunity. Plants and herbs, by means of their roots, suck in, and sustain themselves by, the salts of the earth, and the plants thus sustained become food for animals. This is Nature's way, and any deviation from it will be punished by some disorganization of the system. Iodide of potassium is largely used to expel impurities from the blood, but it so enfeebles the blood and reduces its corpuscles that the patient is often left after its use in an exhausted condition and an easy prey to disease.

These considerations lead us to believe that Herbs are the right agents to use for alleviating the ills of man, and we earnestly caution everyone against the use of mineral and inorganic drugs.

Questions we are often Asked.

HOW MUCH DO YOUR PACKAGES OF ORDINARY MIXTURE CONTAIN? — They vary from about 2½ ounces to 5 ounces. Each package is sufficient to make 3 pints of strong medicine.

HOW MUCH SHOULD BE MADE AT ONCE?—It is better to make a small quantity at a time. In no case should the medicine be kept more than 4 days. In the case of powdered Herbs, it is advisable to make freshly each time, using a small teaspoonful to a small cupful of boiling water.

WOULD YOU ADVISE PILLS OR HERBS? — In all cases Herbs are better, but when persons cannot conveniently make tea, pills are the best substitute.

SHOULD HOT OR COLD WATER BE POURED ON THE HERBS BEFORE SIMMERING? — Either can be used so long as the simmering is carried on for the length of time stated in the directions.

CAN YOU GUARANTEE A CURE? — No one can guarantee a cure. The Herbs are more likely to cure than anything else, and in over 90 per cent. of cases do cure.

WHERE CAN I BUY YOUR HERBS IN THIS NEIGHBOURHOOD? — Our remedies can only be obtained directly from us.

HOW LONG SHOULD I TAKE THE MEDICINE?—You should keep on with it at least one week after you feel yourself cured. Often an illness comes on again through the sufferer leaving off the medicine too soon.

HOW LONG WILL IT TAKE TO CURE ME?—That depends on so many circumstances that it is impossible to say. Generally, if a complaint has only recently developed, it will be quickly cured. The safe way is to attack the disease with Nature's weapons before it obtains a firm hold on the system.

WILL YOU PLEASE SEND THESE BY RETURN?—We always do so. We quite realise the importance of a sick man getting his medicine, and in many cases the order has left our warehouse within one hour of its receipt.

IS THERE EVER ANY DELAY? — Sometimes persons omit a vital part of their address. Then we have no option but to wait for their enquiry.

WILL YEAST DO FOR MAKING HERB BEER INSTEAD OF BARM?—Barm and yeast are the same, one being fluid and the other dry.

DO YOU MAKE ANY REDUCTION FOR QUANTITIES? —Only in the case of *Herbal Smoking Mixture and Herbal Cigarettes on pages* 42, 50 *and* 51. We also, where one of our friends has taken the trouble to collect several orders for us, allow him to deduct his postage and order expenses in remitting. Beyond this we are unable to go.

MY COMPLAINT IS NOT MENTIONED IN YOUR INDEX. CAN YOU MAKE ME UP A SPECIAL MIXTURE?— We do this many times daily. Applicable remedies are made up and despatched immediately without extra charge.

DO YOU SEND REMEDIES ABROAD? — We do so every day. Our overseas trade has enormously increased, and we send goods to every corner of the globe. In these cases, however, the extra cost of postage and packing should be sent in addition. (See Terms of Business, page 2 of cover.)

WHAT IS A "WINEGLASS" DOSE? — Three tablespoonsful, or 1½ to 2 fluid ounces.

Is it Possible to take more than One Remedy at a Time?—Yes! and in many cases it is necessary. Careful advice is always given on this point. (See pages 4 to 7.)

Are there any Difficulties in Preparation?—None whatever. Making Herb Medicine is as easy as making tea. Full instructions are always given.

May I Give Pills to My Children? — This is generally inadvisable. It is far better to give children, especially those of a tender age, Herbal Tea sweetened to taste in small doses.

How Long will the Herbs keep when not Required for Immediate Use? — They will keep good indefinitely if properly protected. The best way of keeping is to rub the Herbs small in the hand, and put them in a tightly corked bottle. In a warm dry cupboard they will keep for years.

INTERNAL DISINFECTANTS.

Every medicine which cures or alleviates a disease of microbic nature must of necessity be an Internal Disinfectant, otherwise the microbes or bacilli would not be destroyed and the disease would still persist.

Herbal Remedies are the best of Internal Disinfectants, for in them the healing and purifying principle has been placed in conjunction with other active agents, thus forming a combination which will best work Nature's cure. The one essential alone extracted from the herb is not so effective as the use of the entire plant. Every herbal remedy is an Internal Disinfectant, and may be used with the safety which rarely attends the use of mineral or "drug" medicines.

Jas Ryder

Appendicitis or Inflammation of the Vermiform Appendix.

This complaint has become so common in recent years that it is probable that no surgical operation is more common at the present time than the removal of the appendix ; and as, in our opinion, the majority of operations for this complaint are avoidable, we wish to point out the way of avoiding such painful and inconvenient experiences.

In the olden days, Appendicitis was known as "Inflammation of the Bowels," and the deaths from this cause were few. People knew exactly what to do, especially those who were subject to the complaint, and the trouble was speedily got over. It was, however, at last found that the trouble usually started with the appendix, and ultimately the surgeons of the country arrived at the conclusion that excision of the appendix was the best way of dealing with the matter. They arrived at this conclusion all the more readily because the medical faculty could find no well-defined use for that particular part of the intestinal system. If appendicitis is properly dealt with in its earlier stages there is not usually the need for an operation. The remedy is very simple, and it is one which certainly should be tried in every case before an operation is consented to. Appendicitis always makes its presence known by dull aching pains at the lower right abdominal region just above the groin. These pains become more frequent and intense as the complaint advances, until when the disease approaches an acute stage the pain is agonising and continuous. On the first appearance of these pains the patient, if an adult, should take a dessert-spoonful of Olive Oil (see page 81—remedy 288), which as most people know, is probably the finest internal lubricant known. Two hours afterwards another dessert-spoonful of the oil should be taken. This is often sufficient, but it will be more speedily effective if half-an-hour after taking the first dose of olive oil a wineglassful of an infusion of Elder Flowers and Peppermint is taken (see Nos. 494 and 598). Over ½-ounce of Peppermint Herb and ½-ounce of Elder Flowers mixed together, pour a pint of hot water. To stand a quarter-of-an-hour and be taken hot.

Also, it would greatly ease the pain if hot fomentations were frequently applied to the part. If attacked by these means at the commencement, the appendicitis usually disappears after twelve hours.

It will readily be admitted that this treatment if successful — and this is generally the case — is far preferable to a long and tedious period spent in recovering from an operation.

It may be as well here to remark that the root cause of Appendicitis is usually constipation. (See page 47—Constipation a Bad Habit.)

What is Wrong with the Health of the People?

In spite of scientific discovery which brings to light new diseases and new cures, and notwithstanding the increase in the numbers of curative institutions and medical doctors, complaints accumulate day by day.

It is no exaggeration to say that were a breed of domestic animals to suffer an equal measure of physical disqualification as is the lot of civilised humanity, it would be ruthlessly destroyed as a danger to the world.

The child death rate is still too high, and a large proportion of those who survive are subject to lifelong illness and suffering.

Consider also the ravages of Consumption, which have become so rampant that it is now known as the White Plague; that one person in every nine is a victim of Cancer; that a large number of our people are suffering from the hidden plague; and that the family of any size which has even a momentary freedom from illness of some description is exceedingly rare. There are reasons for this, and a little investigation throws light on the matter.

In the first place, there is no doubt that wrong feeding is the main cause of this sad state of affairs. We are not particular as to what we eat so long as we get an appetising dish; and those who adopt a well-ordered dietary, arranged on scientific principles, are so few as to be practically negligible. Chewing well is one secret of health, yet few adopt the practice. In this way disease is born, and flourishes; and attempts are made to check its ravages by using mineral medicines and noxious drugs, which only aggravate the complaints.

Nature is ever kind, and for every ill of man has a sure and certain remedy. She is a safe and strong re-builder of injured and failing constitutions, and in such work can accomplish miracles.

It is being more clearly demonstrated and more plainly seen day by day that the degenerate physical condition of the race is largely due to the common practice of *consuming minerals, noxious drugs, and harmful patent medicines.* These, while making vast fortunes for the vendors, are slowly, insidiously, and surely making a better market for themselves by undermining the vital forces of the people; and in the case of those containing certain drugs, making a continuance of their use a harmful necessity.

The writer firmly believes that were the noxious remedies permanently cast aside, and herbal remedies substituted, in one generation there would be a revitalising of the whole people.

Health Hints.

Almost everyone will agree that Good Health is the most essential thing for a happy life.

It has, therefore, been thought proper to include in our New Edition a few brief notes on matters concerning this subject.

If care and attention were paid to diet, clothing, exercise, sleep and environment, the problem of the prevention of disease will have traversed considerably along the right road towards solution.

DIET.—The food we eat must do certain things for the body. It must repair the waste of tissue caused by work and exercise. It must provide heat and energy, and it must provide a *natural* means of draining the system of all its waste products. In the case of children it must, in addition, promote growth. Recent investigations in the theory of vitamins have made it clear that there are certain accessory factors in different foods that produce these results. Without going into technicalities, it is sufficient for the ordinary person who, without being in any way a faddist, wishes to keep well, to know a few elementary facts about diet.

In the first place, most people eat far too much and drink far too little. Try taking a very light meal, as, for example, raw fruit for breakfast, and steamed fish with wholemeal bread and butter for the mid-day meal. Notice the feeling of buoyancy that replaces the usual after-dinner feeling of "heaviness." In the second place, people eat the wrong kind of food and even neglect, or regard as luxuries, some of the things which are essential to health. These are raw fruits and vegetables, which contain the acids and mineral salts necessary for pure blood. It is these acids and salts, together with plenty of water and a certain amount of "roughage" which is obtained by eating wholemeal bread and unpeeled fruit, that provide the requisite stimulus to the natural elimination of waste products. Everyone should know that this process is the very foundation of all good health, and that it is as impossible to achieve a feeling of vitality when the body is clogged with poison, as it is to get a bright fire when the grate is clogged with ashes.

The importance of mastication is too well known to be emphasised here. A schoolboy, when asked the meaning of the letters G.O.M. after Gladstone's name, wrote "Grand Old Masticator." This howler was pardonable in view of the true facts.

Do not hurry over meals. We consider that the time allowance for breakfast and tea is twenty minutes, and for dinner thirty-five minutes. Meals should be taken at fixed regular intervals, and three meals a day should be sufficient.

DRINK.—It is a well-recognised truth that the wrong time to drink is during meals, because (i.) liquid interferes with mastication, the first stage of digestion, and (ii.) the gastric juices and saliva are diluted.

Nature has endowed some people with exceptional constitutions, and these have been known to abuse the above truth with impunity. The average individual cannot afford to do so.

We can lay down no strict rules as to the quantity of liquid which should be taken daily, as individuals and circumstances vary considerably. An average amount should approximate to four pints daily. This amount includes liquid taken in any form.

We place first in the list, water, Nature's most bounteous gift. To those who are tea drinkers and have not tried our Rimari Mountain and Bush Tea, we can recommend them as a welcome and beneficial change from ordinary tea.

CLOTHING. — The wonderful improvement in the health and physique of modern girls, following upon the drastic changes in their method of dress, proves that clothing has a marked effect on health.

All clothing should be light in weight, loose enough to allow perfect freedom of movement and provide adequate protection against heat and cold.

Wool is the best material for underclothing both in Summer and Winter, the weight of the fabric and the closeness of the fit varying with the season. Being a bad conductor of heat, wool does not allow the natural heat of the body to escape in Winter. Being porous, it absorbs and holds perspiration in Summer and so prevents that damp, chilly feeling that often follows exertion.

Next to wool, silk is the best material for clothing, but unfortunately it is costly.

Healthy clothing should allow an envelope of air round the body. For this reason, the different forms of "cellular" underclothing are extremely good, and it is possible to wear these thin garments even in the severest weather.

SLEEP AND REST.—The importance of sleep is shown in the fact that one-third of our daily life is spent in a state of unconsciousness. Many people require far less sleep than that, however. The important point about sleep is that it should be deep and restful, whatever its length may be. To ensure this, avoid heavy meals late in the evening, exclude all noise and light from the room, and see that it is well ventilated.

If troubled with sleeplessness, make a determined effort to forget your work and anxieties once you are in bed. Sleep can usually be induced by lying in complete relaxation and by deep and regular breathing.

All research into the question of work and fatigue has proved that more and better work can be done if a "break" is allowed after so many hours' sustained effort. A real rest can be obtained by sitting with all the muscles of the body relaxed. Some people are able to sleep at will, just for a few minutes. This, of course, is the best kind of rest.

With reference to this subject, we should like to draw your attention to the remarks concerning our Insomnia remedy (No. 27).

PHYSICAL EXERCISES.—The effect of physical exercise is to increase the energy and power of the heart, the power of the lungs, the size and activity of the muscles, the eliminative properties of the skin, and to improve the condition of the nervous system.

A large proportion of adults are engaged in sedentary pursuits, which must have a deteriorating effect upon their physique. Even those engaged in manual labour will benefit in health by indulging in a well-balanced series of exercises. The Board of Education has arranged a series of exercises, which are in varying stages of difficulty and which are based on the following plan.

1. Breathing exercises.
2. Head exercises.
3. Arm exercises.
4. Balance exercises.
5. Trunk exercises.
6. Marching games, skipping, etc.
7. Breathing exercises.

Breathing, the most important of all, can be practised while walking in the open air. An excellent exercise is to "smell the air" for four steps and breathe out for the same number, then for five steps, and so on. The tongue should be placed against the roof of the mouth in order that breathing may be through the nose, which is not only Nature's filter, but helps to warm the air.

There are numerous exercises which can be done standing, sitting and lying down. Swimming is the most perfect form of exercise, and where this is impracticable, land drill will form an excellent substitute.

For very young children, parents should remember that "play is Nature's preparation for life, and that games stimulate mental activity."

Adults who have passed the age of forty should remember that the heart is losing its power to stand the strain of those movements that need strength and speed. Exercises involving speed are only suitable to early manhood.

CLEANLINESS. — The skin is an important eliminative organ of the body. While giving off carbonic acid gas, it absorbs oxygen ; hence the great necessity for keeping it clean. If the waste products are unable to get away, they are reabsorbed by the blood. This has a devitalizing effect upon the whole system, and may even result in actual skin diseases.

The daily bath, or the sponging of the whole body ; the regular cleansing of the teeth ; the occasional use of the eye bath ; are matters which all know should be attended to as guards against disease.

Warm water is necessary to ensure perfect cleanliness, but cold water has a tonic effect on the skin.

HEALTH BY SUGGESTION.—It is impossible to estimate to what extent the mind influences the body, but that it does so is proved by the fact that too great fear and sudden shock to the mind have actually resulted in death.

Fear, anxiety and worry have a detrimental effect on the health. It is only logical to assume, therefore, that thoughts of happiness, faith, love and so on, will have a beneficial effect on the body. In other words, "Think health and you will achieve health." It may require great effort to appear cheerful in the face of trouble or illness, but it is stern self-discipline that is at the base of all good health.

If evils come not, then our fears are vain,
And if they do, fear but augments the pain.

—Sir T. More.

56796—10th Ed.—4/31 Richd.Taylor&Co.Ltd.St.Albans

GENERAL NOTES

We shall be grateful to our customers if they will be so good as to call the attention of their friends to our enterprise.

We shall welcome any information as to Herbs, etc., such as the experience our correspondents have had with Herbal Remedies.

The Herbs, as far as possible, are produced in the United Kingdom, and are all gathered at the right time when their remedial qualities are at their best. All are dried on scientific methods so as to retain all the virtues in the prepared Herbs.

Special attention is called to our combination of Herbs for preserving and improving general health. Full particulars will be found on pages 18 and 19.

CORRESPONDENCE. — *Important:* Our correspondence has now reached very large proportions, and becomes an ever increasing difficulty in the business. We trust, therefore, that our customers will excuse our asking them to read pages 118 to 120 in this book, on which are printed a list of questions we are often asked, and the answers to them. If the question is there answered, it saves your and our time writing concerning it. We are forced to write thus on account of the enormous task entailed by our correspondence already. Where no answer to a question can be found in this book, please make your enquiry as brief as possible.

We are always glad to give advice to any one who will write to us. We are doing this daily to numerous enquirers. It is a great pleasure to us to know that we have done a vast amount of good in this way. Before asking us, however, to write, it is as well to look carefully through our book, and probably the remedy will be found. (See pages 4 to 7.) We do not diagnose diseases, and we make no charge for our advice. In thousands of cases a small sum spent on the remedies Nature has bountifully supplied has worked wonders. We are daily receiving many most gratifying letters from those who have been cured.

All communications are treated with the strictest confidence. The names of clients are never divulged, except with their consent.

Keep the Book by you. It is sure to be useful some day.

All Letters must be addressed :—

Messrs. HEATH & HEATHER, Ltd.,
Herb Specialists, ST. ALBANS

The Famous BOOK OF HERBS

Heath & Heather Ltd.
HERB SPECIALISTS
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